

# GYMNASTICS TEAM AGREEMENT & UNDERSTANDING

## Five-Star GYMNASTICS



*One Gym. One Family.*

### 2016-2017 Season

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## **FIVE-STAR GYMNASTICS TEAM AGREEMENT & UNDERSTANDING**

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Dear Parents and Gymnasts,

First, I would like to welcome all new gymnasts to our team program. This Team agreement is a tool that Five-Star has created to inform gymnasts and parents of the policies and requirements for participating in the Five-Star Girl's Competitive Team Program. Five-Star Gymnastics and the coaching staff have designed these policies to assure that all of the team athletes can learn and compete in a happy, safe and productive environment.

We also want to thank you for your patronage and for the commitment you are making to our program.

Please read the following contract and sign the last page verifying that you have completed the following:

1. Read the contract and understand the contents.
2. Understand that this is a year-long commitment from June 1st to May 31st.

**It is important that this contract be followed as budgets, schedules and team competitions rely on all participants remaining in good standing.**

Thank you,

Wendy Kouvaras, Co-Owner

## **TEAM PHILOSOPHY**

The two fundamental philosophies of the competitive program are “quality of performance” and “pursuit of excellence.” During workouts and competitions both themes are stressed and reinforced. These two philosophies help gymnasts develop the mental, emotional, and physical strength needed for the high standards of performance expected of them for competition.

## **TEAM TEACHING PHILOSOPHY**

The coaching staff understands that gymnastics is an individual sport and each gymnast will be treated as an individual. The coach will give the gymnast appropriate guidance, not only to help the gymnast to succeed in this sport, but also in life. Self-confidence, positive self-image and critical thinking will be taught to improve the quality of performance. We will respect the balance between working out and taking care of our bodies and each gymnast is encouraged to strive for quality and excellence at her own pace. In this way, we hope the gymnasts will retain the love for the sport that originally motivated them to become gymnasts.

## **BENEFITS OF THE TEAM PROGRAM**

- Strength
- Flexibility
- Coordination
- Cardiovascular Fitness
- Weight Control
- Time Management
- Kinesthetic Awareness
- Setting and Achieving Goals
- Managing and Controlling Stress
- Developing Physical, Mental, and Emotional Control

## **DESCRIPTION OF TEAMS AND COMPETITIVE GYMNASTICS**

Women’s gymnastics is comprised of four different events. Vault (V), Uneven Bars (UB), Balance Beam (BB) and Floor Exercise (FX). The sum of all the event scores makes the All-Around (AA) competition. Gymnastics is a developmental sport meaning that a beginner will learn basic positions, shapes and skills and progressively learn more difficult and complex skills.

Competition teams follow the Junior Olympic Program set by USA Gymnastics (USAG). USAG is the governing body that oversees all gymnastics competitions in the United States. Competitors must register and become members with USAG before being allowed to compete in a USAG sanctioned meet

## **Level 2 – 5 Compulsory Teams**

The compulsory routines start at Level 2 and go to Level 5. All the gymnasts perform the same routines, and as they move up through the levels the routines get progressively harder and more complex.

## **Level 6 – 10 Optional Teams**

Levels 6 to level 10 are the optional levels. Routines are composed and choreographed individually for each gymnast with the guidance of the coach. Each event has certain criteria that the gymnast must meet to maximize their potential score. Again, each level has progressively harder criteria.

## **ADVANCING TO HIGHER LEVELS**

The gymnast must be physically and mentally ready to advance to the next level and have achieved all the skills required for the next level at minimum. All advancement decisions are at the discretion of the coaches. Before a gymnast may advance to the next level, all financial obligations to F must be current.

## **TEAM COMMITMENT**

Team is a one-year commitment spanning from June 1, 2016 through May 31, 2017, inclusively. Each Team member is expected to attend practice year round in order to remain on Team. Reevaluations will be required for any gymnast missing 30 or more days of practice. On the last page of this contract there is a waiver and statement of understanding. All Team members must have a current form on file each year.

## **GYMNASTS' RESPONSIBILITIES**

- To attend scheduled practices.
- To call the coach/gym if you cannot make a practice.
- To BE ON TIME to all practices.
- To wear appropriate practice clothing
  - To take shoes off when entering the practice area.
- To be attentive, polite, and cooperative to the coaching staff.
- To complete all training assignments before leaving the gym.
- To assist, cooperate and respect fellow teammates.
- To participate in exhibitions, demonstration, and clinics as determined by their coach
- To assist in cleaning/upkeep of gym.
- To be safety conscious for themselves and fellow teammates.
- To be responsible for their personal workout gear, preferably locked in a locker or in a gym bag to be taken home after each practice, i.e.: grips, wristbands, tape, etc.
- No FOOD or DRINK other than water can be consumed at locker area or left in lockers overnight.

## **BEHAVIOR AND PRACTICE RULES**

Improper types of behavior by the gymnast during practice or competition will result in loss of practice time or other disciplinary actions. Examples of such behavior:

- Disrespectful to a coach or fellow gymnasts
- Breaking gym rules
- Cheating
- Unwillingness to complete assignments

## **COMPETITIVE TEAM POLICY**

- If a gymnast misses two scheduled practices the week (7 days) prior to a meet, or if the gymnast misses the last practice before a meet (mock-meet) without prior approval, the gymnast will not be allowed to compete in that meet.
- Gymnasts competition rotation (whether individual events or AA) will be determined on a case by case basis at the discretion of the coach. This includes physical and mental readiness, as well as attendance.
- During a competition, the gymnast must stay with the team at all times unless dismissed by the coach.
  - The coach can remove a gymnast from competition for any reason that may inhibit their ability to perform safely and/or hinder their chances for progressing to the next level of competition.
  - The head coach must approve any further instruction such as private lessons or extra practice time. Specifically, any type of gymnastics instruction outside of Five-Star Gymnastics is strictly prohibited.

## **COMPETITIVE TEAM PRESENTATION HAIR**

- Hair style is part of the competition and practice uniform. Hair that is shorter than shoulder length is to be pulled neatly away from the face. Hair that is longer than shoulder length is to be up in a bun so it does not interfere with the gymnast during her routine. The coach may specify a set hairstyle for uniformity among the team. Talk to your child's coach to decide which hairstyle is appropriate for your child.
- Hair must be neat with no fly-aways (use gel or hairspray to keep fly-aways back).
- If you need help or suggestions, talk to your child's coach.
- Competitive scrunchie is required.
- No glitter or hair paint.

## **ACCESSORIES**

- Nail polish is not acceptable as stated in USAG rules
- Makeup may be applied, but do not go overboard. Compulsory gymnasts are asked not to wear makeup.
- One pair of post earrings only. No other jewelry is allowed, including watches.

## **ATTIRE**

- Competitive leotard and warm-up suit must be worn to every competition.
- Gymnasts are required to bring all competitive equipment to a meet. If a gymnast does not have all of their equipment, they may not be allowed to compete.
- Gymnasts should consider the Five-Star gym bag to carry their equipment and attire to the competitions. (Sling Back or Under Armour Back pack)USAG has very specific rules about decorating the bags with pins, ribbons, key-chains, etc. Please see your coach regarding any questions.
- Cell phones are not part of the gymnast's attire and should be left in the car or at home. If it is necessary for a gymnast to bring a cell phone, it **MUST BE TURNED OFF** and remain in the gymnast's bag for the duration of the meet.

## **FOOD AND BEVERAGES**

- Gymnasts are encouraged to bring bottled water and healthy snacks. Please no sticky or messy foods (i.e. Doritos, cheese puffs, etc.).
- Gymnasts are not to chew gum at any time during the meet or awards ceremony.
- No food is to be eaten while your group is receiving awards.

## **NEATNESS AND ORGANIZATION**

- All gymnasts must keep their personal workout gear in a gym bag or locker/cubbies.
- No water bottles are allowed in the gym-area, they must be kept by the lockers/cubbies.
- No food is allowed in the gym area.
- During practice, water breaks are allowed with Coach's permission. Gymnast must ask for coach's permission to go to the restroom or to get a drink.

## **THE TEAM UNIFORM**

- All items considered part of the competitive team uniform must be brought to each competitive function.
- Lost items must be replaced as soon as possible.
- Items must be kept clean and used only for competition.
- A new competitive leotard will be purchased every two years. Cost of warm-up suit and leotards is the responsibility of the parent.
- The team uniform design is determined by the Five-Star Staff
- There will be no refunds for uniforms

## **DISCIPLINARY ACTIONS MAY INCLUDE:**

- Exercise activities
- Sitting out
- Removal from practice
- Parental conference
- Suspension from the Team, without refund of fees and assessments.
- Dismissal from the Team, without refund of fees or assessments.

## PARENT RESPONSIBILITIES

### TUITION AND ASSESSMENT FEE GUIDELINES

Tuition – All Team and Pre-team parents are responsible to pay Five-Star Gymnastics tuition on the first day of each month. If payment is not received by the 10th, a \$25 late fee will be assessed. Any tuition payment that is outstanding for more than \$400 or 45 days past due, will result in your child(ren) being excluded from team practice and not being allowed to participate in any Five-Star Gymnastics activity until all financial obligations are current. All tuition and fees are non-refundable.

For a returned check there will be a \$40 fee added to your account. Checks will no longer be accepted after a second returned check.

### FUNDRAISERS

Under IRS law, in order for the Boosters Children's Fund to retain its 501(c)(3) non-profit, tax exempt status, Five-Star parents are not allowed to fundraise solely for their own athlete. It is important to remember that The Five-Star Children's Fund cannot benefit individual athletes.

Earnings will not inure to the benefit of any private individual. When an athlete or parent fundraises, the earnings belong to the Boosters Five-Star Children's Fund and are distributed to Five-Star Team members in accordance with the federal laws with respect to non-profit, charitable organizations (including Internal Revenue Code Section 501), and the NCAA.

### PRIVATE LESSONS

Private lessons may be scheduled with your child's team coaches for an additional fee. Prices are set by the gym, not the coaches. All team members taking private lessons must be current on all financial obligations. Private lessons will only be held during normal operating hours. At all times the normally scheduled classes and events in the gym take priority over any private lessons.

### PARENT MEETINGS

It is strongly encouraged that the parents attend these meetings to ensure a clear understanding of gym events, processes, and news. If possible, these meetings will normally be held at multiple times for your convenience. Adequate notice will be provided through email and the gym's Facebook page. Please make sure we have a current email on record.

### PARENT ETIQUETTE

- Parents are to be respectful of all other gymnasts, parents, coaches, and staff.
- Parents will refrain from making **negative comments** about other gymnasts, parents, coaches, and staff.
- Parents will refrain from distracting or coaching from the sidelines (at the gym or competitions).

## **PRACTICE RULES FOR PARENTS**

- Parents are not allowed into the practice area unless invited by a coach.
- Parents' behavior should never interfere with gym activities.
- Parents are expected to provide timely and safe transportation to and from all gym functions.
- Parents are expected to treat all other parents, gymnasts and coaches with respect.
- Parents and spectators shall not attempt to "coach" their gymnast during practice.

## **COMPETITIVE BEHAVIOR FOR PARENTS AND SPECTATORS**

- Parents and spectators are not allowed to enter the competitive area. They must use only the area designated for the public.
- Parents and spectators shall not disturb the order of the meet, its competitors and its officials. Individuals causing violations will be asked to leave the competition site and may be banned from future competitions.
- Parents and spectators shall not attempt to intimidate, embarrass, or improperly influence any individual responsible for judging or administering a competition.
- Parents and spectators shall not attempt to "coach" their gymnast during the competition.

## **COMMUNICATION**

- If you would like to speak with the coach about a concern please call ahead of time to arrange a meeting with them before or after a practice. Talking to a coach during practice time is unfair to other gymnasts.
  - Email is the most effective way to communicate between the coaches, management and gymnast families. Information like account invoices, meet schedules and other gym activities will be emailed. Please inform us immediately of any changes to your email address.

## **SOCIAL MEDIA**

Social media can be a useful tool to communicate with teammates, fans, friends, coaches, and more. Social media can also be dangerous if you are not careful. Every picture, link, quote, tweet, status, or post that you or your friends put online is forever part of your digital footprint. You never know when that will come back to hurt or help your reputation during the recruiting process, a new job, or other important areas of your life.

Parents and Athletes agree as follows:

- I will take responsibility for their online profile, including posts and any photos, videos or other recordings posted by others in which I/my child appear.
- I will not degrade opponents before, during or after competitions and or events.
  - I will post only positive things about my/my child's teammates, coaches, opponents, and other athletes and/or coaches/staff in my gym facility.
- I will use social media to purposefully promote abilities, team, and community social values.
  - I will consider "is this the me I want you to see?" before I post anything online.
- I will ignore any negative comments not retaliate. I can go to my coach or support staff to seek support or help with any issue.
- If I see a teammate post something potentially negative online, I will have a conversation with that teammate. If I do not feel comfortable doing so, I will talk to my coach.



I am aware that I represent my sport(s), gym, team, family and community at all times, and will do so in a positive manner.

**ESTIMATED COMPETITION OBLIGATIONS for 2016-2017 SEASON**

**All fees are non-refundable**

**(Excluding possible State, Regional & National meet fees that may apply)**

**USAG Membership fee \$57 required for all gymnasts**

**USAG LEVEL 2 \$385 - \$650 (4 of 6 meets required)**

	<b>TRAVEL TEAM</b>	<b>LOCAL TEAM</b>
<b>USAG LEVEL 3 &amp; 4</b>	<b>\$870</b>	<b>\$690</b>

**USAG LEVEL 5 \$870**

**USAG LEVEL 6 -10 \$860 - \$890**

**MEET COMMITMENTS DUE BY SEPTEMBER 1, 2016**

**PAYMENT CHOICES**

<b>1</b>	<b>PAID IN FULL BY OCTOBER 1, 2016</b>	<b>Earn \$100 Tuition Credit</b>
<b>2</b>	<b>Sept. 15<sup>th</sup> 25% of total</b>	
	<b>Oct. 15<sup>th</sup> 25% of total</b>	
	<b>Nov 15<sup>th</sup> 25% of total</b>	
	<b>Dec. 15<sup>th</sup> 25% of total</b>	
	<b>After December 31, 2016 \$50 late fee</b>	

**Routine Fees for Optional Gymnasts**

- Recommended Choreographers will be provided and it is your responsibility to contact them. Payment is made directly to the choreographer

## **PAYMENT POLICIES**

- 1. Tuition is due on the 1st of the month.**
- 2. If tuition is not paid by the 10th, a late fee of \$35 will be applied on the 11th of the month.**
- 3. If tuition is outstanding by more than \$400 or 45 days past due your child may not participate in any Five-Star activities.**
- 4. Auto-pay is run on the 1st of the month for tuition.**
- 5. 30-DAY WRITTEN NOTICE OF DEPARTURE is required whenever departing from team. Written notice is required for schedule changes and will be accommodate when possible.**
- 6. Uniforms must be paid in full prior to distribution.**
- 7. Competition fees must be up to date to compete (all fees are non-refundable).**
- 8. Tuition will not be prorated or credited for vacations, sickness, holiday closures, injuries or any other scheduled closures.**



Communication is the key to the successful operation of any organization. The following is merely our attempt to make sure that we have done our best to inform you of all the rules, policies & procedures related to being a competitive team member at Five-Star Gymnastics.

- ❖ We, the parent(s)/legal guardian(s) of \_\_\_\_\_, have read & fully understand the contents of the Five-Star Gymnastics Handbook. We accept the commitments & responsibilities outlined within.
- ❖ We understand the section entitled “COMPETITIVE TEAM/PRE-TEAM REQUIREMENTS” and its related tuition policies including:
  - A) Monthly tuition is due on the 1st of every month and Five-Star Gymnastics reserves the right to modify tuition amount at any time
  - B) Tuition is considered late as of the 10th of each month & you will be assessed a late payment fee of \$25.00
  - C) Athletes may not train or participate in any five-star activities if the outstanding tuition is more than \$400.00 in arrears and are 45 days past due.
- ❖ We fully understand the section concerning the paid “30-DAY NOTICE OF DEPARTURE” and agree to abide by this policy. The 30-day notice gives the staff time to work through sometimes trivial problems, gives the athlete time to reflect on their decision to retire and assists us in planning our financial commitment to staff. Notice is REQUIRED IN WRITING for Team members.
- ❖ We understand that the Team/Pre-Team program at Five-Star Gymnastics is a year-round commitment and that your son/daughter’s spot is reserved for them, therefore, we do not prorate nor refund tuition for any reason. Medical exception may be considered.
- ❖ We understand that gymnastics is inherently a dangerous sport as is any sport that involves speed, height & rotation. We acknowledge that potentially serious injuries, even paralysis & death COULD result from participation in this sport.
- ❖ We understand that Five-Star Gymnastics & Five-Star Children’s Fund Booster Club are separate distinct entities. Any booster club financial commitment fees do not benefit Five-Star Gymnastics.
- ❖ Five-Star Gymnastics reserves the right to take any unpaid/delinquent account to court. Any and all court costs regarding the claim will become the responsibility of the persons named on the account. Fees may include but are not limited to the following: Court filing fees, all mileage, all miscellaneous court costs & hourly fee for employee who attends the court proceedings

Guardian Name \_\_\_\_\_

Guardian Signature \_\_\_\_\_

Date: \_\_\_\_\_

