

**So You've Made the
TEAM!**



**Boys' Competitive
Team Handbook
(2013- 1st Edition)**

Welcome to the TEAM!

Congratulations on your child's accomplishments! Please let us know if there is anything we can do (within reason) to make your competitive gymnastics experience more enjoyable.

This publication will serve as a guide and reference to your participation in competitive gymnastics at Jump Start Gymnastics. Please take the time to read the information thoroughly, discuss it with your athlete, and ask questions. Keep this information in a safe place so that you can refer to it often.

OFFICIAL TEAM NAME

When representing Jump Start Gymnastics at competitions and other team sponsored events, our team is referred to as *JSG*.

TEAM IS A YEAR ROUND COMMITMENT

The decision to join team is a big one and reflects a significant year round family commitment. Gymnastics is not a seasonal sport. **It is imperative that athletes train and practice year round in order to experience success at competitions.**

GENERAL EXPECTATIONS

What should parents and coaches expect from the athletes?

1. Attend all practices, competition and team sponsored events. If there is a scheduling conflict, notify coaches in advance.
2. If participating in other activities during the competition season that conflict, allow practices and competition to take priority.
3. Come prepared physically and mentally to practices and meets. This includes wearing appropriate gymnastics apparel, getting a good night sleep, no cell phones, and eating a nutritional meal before practice or competition.
4. Give 100% effort during practices and competitions.
5. Be open to new ideas and approaches to learning the sport of gymnastics.
6. Must attend **ALL** scheduled practices the week before the competition in order to participate in that competition. Illnesses and extreme extenuating circumstances will be considered individually.
7. Show respect to coaches, teammates, meet officials, other athletes, and club personnel at all times. Foul or inappropriate behavior or language will not be tolerated and disciplined as follows:
 - a. First offense – receives verbal warning
 - b. Second offense – removal from practice or competition and parents notified.

- c. Third offense – suspension from team. The length will be determined by coaching and team management personnel.
 - d. If the behavior continues after the suspension period, the athlete will be removed from the team. Tuition and entry fees paid to date will not be refunded. This decision is at the discretion of the coaching staff and team management personnel.
8. When representing Jump Start Gymnastics and the team in public, athletes will act in the same manner they are expected to in competitions and practices. No horseplay will be tolerated.
 9. Any athlete suspected or found to be physically or mentally impaired due to injury, substance abuse or eating disorder will not be allowed to participate in practice or competitions. Parents will be notified and appropriate actions will be taken.
 10. Jump Start Gymnastics team members are expected to maintain good grades in school. A proper balance between schoolwork and workouts is important to the overall development of the athlete as an individual. Any athlete whose grades fall below an acceptable level, as determined by parents and/or school personnel, may be suspended from practices until grades improve.
 11. Maintain good, open communication with both parents and coaches.

What should coaches and athletes expect from parents?

1. Attend all organized meetings and participate in all organized team sponsored events.
2. Support your child's participation physically, emotionally, and financially.
3. Assume responsibility for your own child's transportation to and from practices, competitions, and other team sponsored events.
4. Get your child to and pick your child up from all scheduled practices, competitions or team sponsored events on time. If your child will be arriving late or leaving early for any reason, notify coaching staff. Coaches will not allow athletes to leave early without prior notification from a parent.
5. Notify coaches in advance of scheduling conflicts and work directly with them to resolve the conflict.
6. Discuss any coaching concerns related to your child's participation directly with the coaching staff.
7. Discuss any financial or team management concerns directly with the Team Director.
8. Monitor athlete's progress in school to make sure grades do not fall below acceptable.
9. Refrain from coaching, or distracting, the gymnasts at any time, especially during practices.

10. Respect the knowledge and experience of the coaching staff and allow them to be the primary source of constructive and corrective information.
11. Maintain good, open communication with coaches and athletes.

What should parents and athletes expect from Coaching/ Jump Start Staff?

1. Coaches will prepare, schedule and attend all practice sessions.
2. Coaches will determine competition schedule.
3. Coaches will develop the athlete's skills and knowledge of the sport to the best of their abilities.
4. Coaches will provide training in a safe and fun environment and will show mutual respect to all athletes with the primary goals of increasing each child's individual skill level and of fostering an increased love of the sport.
5. Coaches will discuss individual coaching concerns related to an athlete directly with her parents.
6. Coaches will make all final determinations related to an athlete's competition level and readiness to compete.
7. Staff will foster the growth and development of the team program by providing opportunities for developing gymnasts, who show interest and aptitude, to advance into the team program.
8. Staff will support the team program physically and emotionally recognizing and applauding the accomplishments of the competitive athletes.
9. Maintain good open communication with parents and athletes.

RE: MONTHLY TEAM TUITION

TUITION IS A YEAR ROUND COMMITMENT

Team tuition is calculated on a yearly basis and then divided by 12 to arrive at the monthly amount which is **due the first day of each month, regardless of attendance**. It is important to make this next point clear: ***team members do not move onto and off the team nor is tuition prorated because of illness, injury, vacations, camps, schedule conflicts, or the like***. Team is a year round commitment, with tuition due 12 months of the year.

TUITION IS BASED ON A 48 WK YEAR

You can expect to have a small number of practices cancelled due to holidays, competitions, rest days after long competitions, inclement weather, etc. and this has already been calculated in, as all budgeting is based on 48 weeks of training. This means

that there are four weeks you are not paying for, more than enough to make up for any missed practices.

RE: MAKING UP TRAINING TIME

For an optimal training experience you are expected to attend the practices scheduled for your level. Missing scheduled training times should be an exception. If you are unable to attend your scheduled training time, you are NOT guaranteed the opportunity to make that time up. You are asked to discuss your conflict with the coaching staff in advance of the time to be missed and discuss make up options. Realize that the coach to athlete ratio and planned activities may limit make up opportunities. Also realize that if you attend a make-up during another level's training time, the focus will remain on the group scheduled to be there. The individuals making up may be given individual assignments and expected to work independently.

ABOUT MONTHLY TUITION PAYMENTS

All team members are expected to set up an EFT (Electronic Funds Transfer) account with the Office Manager. On the first of each month, monthly team tuition will be posted to your Jump Start account. If the 1st of the month falls on a weekday, your monthly tuition fees will be automatically debited from your bank account or charged to your credit card. If the 1st of the month falls on a weekend day, your account will be charged the following Monday.

INJURED ATHLETES ARE EXPECTED TO TRAIN

Injured athletes are expected to participate in practice and related activities to the extent possible. It is usually possible to work around injuries and turn a weakness into a strength by increased work on flexibility, strength or specific skills. There is no reduction in tuition unless the injury takes you completely out of the gym for over a month and then only if the athlete cannot participate in workouts in any way. In that instance the front office will work with you on an individual basis.

OVERDUE TUITION

Any unpaid balance 30 days overdue will suspend your child's participation in special events such as competitions, camps, etc. Any unpaid balance 60 days overdue will also suspend your child from onsite training. The athlete may return to training once the unpaid balance is paid in full.

RE: OTHER EXPENSES

In addition to monthly team tuition, there are other financial obligations related to participation in competitive gymnastics. These are standard fees assessed by all competitive programs. The methods by which individuals assume these costs vary from organization to organization. Below is a list of these expenses and how they are handled at Jump Start Gymnastics.

USA GYMNASTICS ATHLETE MEMBERSHIP

All competitive gymnasts must be a registered athlete member with USA Gymnastics, the national governing body. This requires a form to be filled out and the annual registration fee (currently **\$50**) paid to Jump Start Gymnastics. Jump Start Gymnastics, in turn, pays this fee directly to USA Gymnastics. The athlete membership is valid August 1st of the current year to July 31st of the next year and includes the following benefits:

1. Right to participate in any USA Gymnastics sanctioned event for which you are qualified.
2. Athlete Membership card showing proof of membership and a USA Gymnastics decal. This card should be carried with you to all competitions.
 - a. The card also entitles you to 10% discount on apparel and novelty items purchased through the USA Gymnastics Merchandise Department when you include your Athlete number on your order.
3. Includes a subscription to *USA Gymnastics Magazine*.
4. Insurance coverage up to \$50,000 Secondary Accident Insurance (subject to deductible) if the following conditions are met:
 - a. Injury occurs during a USA gymnastics sanctioned meet.
 - b. Accident report form if filed by the coach, trainer or other attendant immediately following any injury preventing the gymnast from full activity for 24 hours or more regardless of whether immediate medical attention is given.
 - c. The gymnast's club has a fully signed Athlete Member Application form on file at the club.
5. Athletes 15 years and older may attend/take clinics, courses, and congress for the member discount price.

COMPETITION ATTIRE:

All members of the Jump Start Gymnastics team must wear the same competitive uniform and warm up. These items are purchased collectively during the summer months to keep the prices as low as possible. Each athlete is required to pay for her own team leotard and warm up. If the team decides to purchase duffle bags or other miscellaneous items, these will be optional.

COMPETITION FEES EXPLAINED

Jump Start Gymnastics does not pay any expenses (including coaches' salaries) that are directly related to a team member's participation in competitions. These expenses are paid 100% by the participating athletes. These fees include individual and team entry fees, coaches' fees, coaches' travel expenses including mileage, hotels and meals. These fees are assessed as follows:

Individual Entry Fees: These fees are determined by the organization hosting the competition. They often vary depending on what level an athlete is competing. Once an entry fee is paid to a hosting organization, it cannot be refunded. Exceptions may be made in the event of an injury. On average, individual entry fees run between \$75 and \$100 per competition.

Team Entry Fees: Team entry fees are set by the hosting organization. If our team size allows us to enter the team competition (if there is one for a particular meet), the total team fee will be divided by the total number of team members entered at that level. Team entry fees run between \$40 and \$60 per competition per level.

Coaches' Fees: Coaches will receive \$45.00 per session worked at a competition. One coach will be assigned to a session unless the meet format requires that more than one attend. Total coaches' fees for each meet will be calculated and divided by the total number of athletes that participate in a particular meet.

Mileage: Coaches will be reimbursed mileage from Jump Start Gymnastics to the meet site at a rate of **56.5** cents per mile (base on IRS 2012 Standard Mileage Rate). Mileage will only be reimbursed for the assigned coach(es). The total mileage expense will be divided by the total number of athletes that participate in a particular meet.

Lodging: When the meet schedule warrants it necessary, coaches will be allowed to stay in overnight accommodations that cost a standard rate of no more than \$100.00/night plus applicable taxes. The actual cost per night and all applicable taxes will be divided by the total number of athletes that participate in a particular meet.

Meals: The coach(es) assigned to a meet will receive a minimum of \$15.00/diem and a maximum of \$25.00/diem. If the coach(es) work only one session in any one day

they will be allowed \$15.00/diem. If the coach(es) work more than one session in any one day, they will be allowed \$25.00/diem. They will be reimbursed for actual amounts of meals up to the maximum allowed. The total cost for meals will be calculated and divided by the total number of athletes that participate in a particular meet.

INSTALLMENT SYSTEM FOR COMPETITION FEES

In order to insure that there are adequate funds to cover these expenses, all competitive athletes are required to pay into a "Competition Fees Account" **in two installments. Full installments are due December 1st and January 1st.** Following each competition, you will receive an itemized statement of your individual account.

At the end of the season, you will receive a final statement of account. If you have a positive balance, *this amount will be credited to the next month of team tuition.* Should you have a negative balance, you will have 15 days to clear the account.

ABOUT PAYING INSTALLMENTS

Just like monthly tuition, competition installments will be posted to your account on the first of each month they are due. You are expected to pay installments in full as billed. *Partial payments of installments will no longer be accepted.* These may be paid in person, online or EFT. Competition fees and monthly tuition may be combined into one payment (you do not need to write two separate checks). Please note that the statement you view online will not reflect your individual competition account balance. You will receive statements from the team director showing the breakdown of how your installments have been allocated. If you have questions about how to pay your installments, see the front desk staff. If you have questions about the allocation of your installments, please see the team director.

Installment Amounts:	<i>Level 3/4's</i>	\$245
	<i>Level 5/Xcel</i>	\$260
	<i>Level 6/7/8's</i>	\$300

PERSONAL COMPETITION EXPENSES

Each family is responsible for their own travel expenses to and from all competitions.

COMPETITION SCHEDULE

The final competition schedule will be decided on by the coaching staff. The goal is to attend enough local meets prior to the state championship series to allow athletes to develop a high degree of proficiency and competency performing the routines at their level. This will give them the greatest advantage of competing at their highest potential in the State Championship series. The competition schedule generally consists of 6-8 local and invitational competitions and the state series.

Prior to the competition season, each gymnast will be given the competition schedule for the entire season. Parents and athletes will be asked to commit to attending competitions by completing and signing a "Competition Commitment Form". This form obligates the athlete's family to pay the entry fee for that event regardless of whether or not the athlete actually participates.

COMPETITION ETTIQUETTE

1. Arrive at competitions ready to compete.
2. Once the athlete begins general warm up time at a competition, they are the responsibility of the coaching staff and must stay with the coaches until the last competitor in the last flight of competition is finished (the last competitor completes her routine and the score is posted).
3. Parents are prohibited from entering the competition area for any reason. Only registered athletes, coaches, officials and meet personnel are allowed in the competition area at any time. In the event of a serious injury, parents will be escorted onto the competition area by meet personnel.
4. Wear your team warm up for awards unless the coaching staff instructs otherwise.
5. You must stay until the awards ceremony for your session is complete. This means you stay until the last individual and/or team award is handed out.
6. Carry a small duffle bag with you at all times. Label the bag and all items inside. Keep grips, personal belongings and bottled water in your bag. Do not bring colored drinks into the competition area.

TEAM AGREEMENT

Both parents and the gymnast(s) should read the Jump Start Gymnastics Team Handbook before signing this form.

We have read thoroughly and understand completely the Team Handbook. We have gone over the Handbook with my child and all of us support the policies and philosophies set forth in it. We hereby agree to follow all rules and policies presented in the Handbook.

We understand that any time we cannot be a **positive force** in the gym and in the life of our child we will relinquish our place on the team.

We understand that if we approach a judge before, during or after any meet to question, comment on, complain about, or discuss a score or the judging of a meet, we are making the decision to remove our child from the team.

We understand that if we approach a meet official or meet director before, during or after any meet to question, comment on, complain about, or discuss scheduling or scoring of the event, we are making the decision to remove our child from the team.

We understand that the only time we are to talk with a meet director or anyone involved in running a competition is to thank them for allowing us to attend the event or for running such a great event.

We understand that if we approach a coach or other Jump Start Gymnastics staff member in an angry, irrational, or hostile manner we are making the decision to remove our child from the team.

Athlete's Printed Name

Athlete's Signature

I, the undersigned, represent that I am the parent or legal guardian of the above-named athlete, who is under the age of 18. I hereby execute this agreement both for myself and on the athlete's behalf.

Signature of Parent/Legal Guardian

Date

Signature of Parent/Legal Guardian

Date