



Competitive Gymnastics Team

Qualifications:

- Students need to be in the competition class to be considered eligible for team. Students need to be registered, attending all the days and all hours to be eligible to compete. The head coach assigns their level, and all skills must be mastered before they are eligible to compete.
- By invitation only
- Students take all year around
- Your RSVP to this program and the intention of competing is requested in June for the upcoming fall and spring seasons (we can make a few exceptions to this, but would need some advanced notice). Membership fees and team set up is requested to be complete by July / August for the same upcoming fall and spring seasons.

Equipment needed:

- Studio Warm Up
- Competition Leotard

Attendance:

- This is a year around event, students are expected to take thru the summer as well. If the student plans on taking any time off, there is a mandatory 30 day written notice.
- If a student misses a class, we understand – but you must send written notification via email. Students are expected to be at the level requested – so if a class is missed, they should make up, condition and practice at home. All competitors should eat appropriately (whole – fresh foods – fruits, veggies (5 – 8 per day), eggs and whole grains (not cold cereal)), 8 – 12 glasses of water, absolutely no pop or flavored drinks, stretch legs and backs on a daily basis and condition their abs for maximum outcome.
- If our recommended schedule is altered in any way, please know it will directly affect the progress of your student. The program is set up specifically to progress and develop your child, if you choose to alter it, we understand, but YOU are also choosing to alter their level and development.
- We compete in approximately 5 – 6 gymnastics meets a year. Students are not required to attend all meets, but you must RSVP your intentions ahead of time, dates are given for these notices to be made, as meet forms are distributed.
- **YOU MUST NEVER MISS THE PRACTICE BEFORE COMPETITION!**

Meet locations / fees / sign up / meet times:

- All competitors pay a membership fee to compete of \$80 in July / August for the upcoming fall / spring season.
- The meets we attend are on the eastern half of the state.
- Parents, family members or friends are barred from being on the competition services, questioning directors or judges at meet site – see your head coach if you need assistance.
- We attend one State Meet, if your student qualifies for this meet, this will also be an option for them
- Meet fees are \$60 per meet on the average. State fees are \$70 on the average.

- Meet sign up forms are either emailed out or posted right on our web site for downloading. Payment is due in our office by the requested date or there are heavy late fees that the host club charges.
- The address of the meet site is always on the original sign up form for that meet. So you will know the address and be able to map out distance and location before you commit to the meet.
- Meet times are distributed as soon as we receive them. Many times it is the weekend before competition.
- Parents are responsible to have their competitor: Arrive on time to the designated site and report as directed on time, dressed and ready for competition, with a nutritional breakfast (eggs, toast and fruit – no doughnuts, pancakes, waffles, sugar cereal), no finger nail or toe nail polish, no earrings or jewelry, hair secure and professionally placed, and happy!!!
- We try to place students where they will excel and do well. It is important that parents influence the “correct competitive atmosphere”. It is “the golden parent” who can love and respect the competitor at every moment – not just when they receive first place, but we expect all parents to be “golden parents” at every moment.

Austin, Our Son,

When he was in high school football, lost a game once, that was overwhelming one sided, and a huge loss..... when the game was over, I came back to the office and emailed his coach – and thanked him.....

“..... I know Austin can handle himself when he is on top – first string – the best – number one – and getting straight A’s..... but, when he is not there – I want to know he can not only handle himself, but do what is appropriate to bring himself back up --- and face what is in front of him..... I want to know he will succeed even when he is feeling defeated.....if I can do this ---- I know he will graduate college --- find a wonderful mate AND MAKE IT WORK --- and raise successful children..... but it is truly how we handle our small trials – that will bare our characters as individuals, as competitors, as adults and..... as parents.....

Love All Moments of growth.....

.. be a “golden person ---- be a golden parent!!!””

Sincerely,
Miss Dee and Mr. D