

# 2019-2020 Season

## Mpact Women's Junior Olympic Competitive Gymnastics

Mpact Sports offers an award-winning Women's USAG (<https://usagym.org>) Junior Olympic Competitive Gymnastics Team for all levels. We pride ourselves on offering you programs that invest in your daughter's futures first as growing young ladies and second as aspiring gymnasts. Our teams are headed-up by former Elite, NCAA Gymnasts with tremendous experience both as athletes and as successful coaches.

While we compete as one combined overall team, we do offer three options for practicing:

- Daytime practices: for those who do both homeschool and gymnastics
- Evening practices: for those opting to practice in the evenings
- Hybrid Combination of Daytime & Evening practices: allows you to pre-determine the best combination of daytime and evening practices that fit with your schedule.

## Overall Women's Competitive Gymnastics Program

### Our Focus and Commitment:

- We will have the best coach to athlete ratio in the Southeast. We believe your child's optimal development is critical and requires focused attention.
- We believe experienced coaches are an important part of helping your child achieve their personal goals. All lead coaches have competed as gymnasts at the Elite or NCAA Division 1 levels.
- We understand that each child develops at a different pace. Therefore, we are committed to helping your child develop at their personal pace...sometimes accelerated to new levels throughout a season. Whatever is best for each individual athlete.
- We are committed to your child's overall spiritual, emotional, and physical development. We believe a focused balance in all areas of a child's life are key to their lifelong development inside and outside of the gym.
- We are committed to excellence and growing our program in a way that will grow with our athlete's needs, goals, and desires.

### 2019-2020 Season Key Dates:

- **Core Athlete Sign-up Window, Overall Skill and Strength Training, and Evaluation:** April 1<sup>st</sup> - June 14<sup>th</sup>
  - As athlete levels are known or anticipated prior, athletes will definitely begin working on level specific skills
  - Please note that Mpact will provide consideration to any athlete desiring to join the team at any point throughout the year and season.
- **Athlete Season Initial Level Placement:** June 14<sup>th</sup>
- **Core Competition Season:** January 2020 – March/April 2020
- **Warm-up Competition Season:** October 2019-December 2019 (1-2 internal judged competitions and 1-2 external local warm-up meets)

**2019-2020 Season Application:** Kasey Carter at [gymteam@mpactsports.com](mailto:gymteam@mpactsports.com) to receive your team application packet.

### 2019-2020 General Team Fees:

- Gym Registration Fee: \$90
- Leo, Warm-ups, and Backpack Fees: approx. \$450 total
- Competition Fees: TBD per event fees
- See page two for Team Fee schedules

## Weekly Day & Evening School Year Schedule and Combined Summer Schedule

# 2019-2020 Season

## Day: School Year Schedule

Levels	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Hours
2	8:00a-11:30a				8:00a-11:30a		6.0
3	8:00a-11:30a	3:00p-5:30p			8:00a-11:30a		9.0
4	8:00a-11:30a	3:00p-5:30p		3:00p-5:30p	8:00a-11:30a		12.0
5	8:00a-12:00p	3:00p-5:30p		3:00p-5:30p	8:00a-12:00p		13.0
6,7	8:00a-12:00p	2:45p-6:00p		2:45p-6:00p	8:00a-12:00p		14.5
8,9	8:00a-12:00p	3:00p-6:00p	3:00p-6:00p	3:00p-6:00p	8:00a-12:00p		17.0
10	8:00a-12:00p	3:00p-6:00p	3:00p-6:00p	3:00p-6:00p	8:00a-12:00p		18.0
ELITE	Available upon request						

## Evening: School Year Schedule (please note could change pending final team evaluation assignments)

Levels	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Hours
2		4:45p-7:45p		4:45p-7:45p			6.0
3	4:45p-7:45p		4:45p-7:45p			8:00a-11:00a	9.0
4	4:30p-8:30p		4:30p-8:30p	4:30p-8:30p			12.0
5	4:30p-8:30p		4:30p-8:30p	4:30p-8:30p		8:00a-11:00a	15.0
6,7		4:30p-8:30p	4:30p-8:30p	4:30p-8:30p		8:00a-12:00p	16.0
8,9	4:00p-8:30p	4:00p-8:30p		4:00p-8:30p		8:00a-12:00p	17.5
10	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p	4:00p-8:00p		8:00a-12:00p	20.0
ELITE	Available upon request						

## All: Summer Schedule (Daytime Practices Begin Summer Schedule May 13th / Evening Practices Begin Summer Schedule June 3rd)

Levels	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Hours
2		8:00a-11:00a		8:00a-11:00a			6.0
3	8:00a-11:00a	8:00a-11:00a		8:00a-11:00a			9.0
4	8:00a-12:00p	8:00a-11:00a		8:00a-11:00a	8:00a-11:00a		13.0
5	8:00a-12:00p	8:00a-12:00p		8:00a-12:00p	8:00a-11:00a		15.0
6,7	8:00a-12:15p	8:00a-12:15p		8:00a-12:15p	8:00a-12:15p		17.0
8,9,10	8:00a-12:30p	8:00a-12:30p		8:00a-12:30p	8:00a-12:30p		18.0
ELITE	Available upon request						

\*\*Please note that private or small group lessons are offered if additional hours are desired

## Meet and Team Fee Schedules

- **Coach to Athlete Ratio:** Max of 8 girls per coach
- **Levels 2-3:** 5 in-state/near-state meets with 1 optional out-of-state meet (including State Championships)
- **Levels 4-5:** 7 meets - 1 out-of-state meet, 6 in-state/near-state meets (including State Championships)
- **Levels 6-10 Meets Per Year:** 7-8 meets – 3-4 out-of-state meets, 3-4 in-state/near-state meets (including State Championships plus Regionals and Nationals when team or athlete qualifies)

Level	Monthly Fees	Hours Per Week	Hours Per Month	Avg. Hourly Rate
2	\$225	6 hrs/wk	24 hrs/mth	\$9.38
3	\$300	9 hrs/wk	36 hrs/mth	\$8.33
4	\$365	12 hrs/wk	48 hrs/mth	\$7.60
5	\$380	12-14 hrs/wk	48-56 hrs/mth	\$7.31
6/7	\$395	14-17 hrs/wk	56-68 hrs/mth	\$6.37
8/9	\$425	16-18 hrs/wk	64-72 hrs/mth	\$6.25
10	\$465	18-20 hrs/wk	72-80 hrs/mth	\$6.12
ELITE	Available Upon Request			

## Lead Coaches

# 2019-2020 Season

- **Coach:** Kasey Carter
  - +12 years of coaching competitive gymnastics
  - **Former Elite Gymnast:** WOGA in Dallas, TX
- **Coach:** Jacqueline “Jac” Shealy Randall
  - +12 years of coaching competitive gymnastics
  - **Former Elite Gymnast:** WOGA in Dallas, TX
  - **NCAA Gymnastics Alma Mater:** University Alabama