

# UNITED GYMNASTIX

## HANDBOOK, CONTRACT and REGISTRATION FORM For all COMPETITIVE TEAMS – 2023/2024 season

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 initiate or renew with our establishment.

This Team Handbook has been created to facilitate communication between the families of our gymnasts, the coaching staff, and the gym's management. Please read it carefully and share information and expectations with your gymnast where appropriate.

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*

### 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 Developmental (J.D.) 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 programs--- Womens' Artistic and Men's Artistic, --- 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 Competition Fees 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:

- 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 monthly. We require all parents to set up automatic payment which will be taken on the 5<sup>th</sup> of each month. If payment is not made by the 15<sup>th</sup> 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.

### **Competition Fees**

The primary function of competition fees 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.

- **Competition Fees:** Are **IN ADDITION** to gym tuition fees.
- **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 these pages.*

### ***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.

### ***I will help to create a cooperative, conflict-free atmosphere by...***

- Not participating in bullying, hazing, harassment, intimidation, or the issuance of threats; whether physical, sexual, emotional, verbal, or via social media.
- Speaking to my coach if I witness others engaging in such behaviors.
- Upholding United's culture of inclusion and acceptance by avoiding discrimination with regard to race, religion, sexual orientation, gender identity, ethnicity, national origin, mental or physical disability, or for any other reason as proscribed by law.

*Gymnast's Commitment Contract*  
*page two*

***In signing below, I indicate that I understand United Gymnastix reserves the prerogative to take disciplinary action if I violate the rules stated above, or for any reason that inhibits safe practice and performance, hinders my opportunity for progression, or interferes with others' safety or opportunity for progression.***

- ***First infraction: Staff conference with parents to discuss further repercussions if behavior continues.***

- *Second infraction: One week suspension from practice (and possibly competition) without financial refund.*
- *Third infraction: Dismissal from the United Gymnastix team program indefinitely without financial refund.*

*I understand that coaches are also at liberty to immediately remove me from the competition floor without refund if violations occur during a competitive situation.*

*I agree to follow the rules stated above both inside and outside of United Gymnastix.*

---

***GYMNAST'S SIGNATURE***

***DATE***