



X-TREME GYMNASTICS TEAM PARENT AND GYMNAST HANDBOOK 2022-2023

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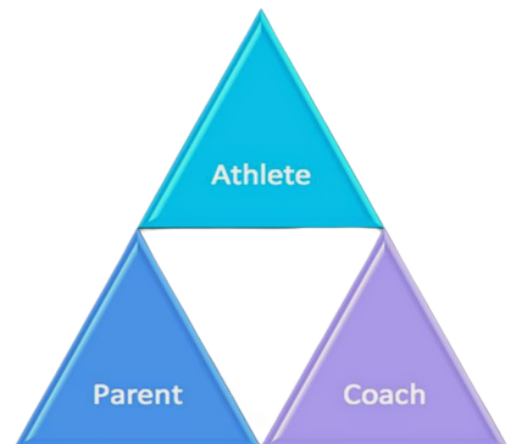
Competitive Team Program Overview

Welcome and congratulations on being individually selected for our Competition Team program! Our Team program is intended for athletes who are ready to achieve more from the sport of gymnastics. Being a member of any team requires more dedication and commitment from both the athlete and their family. This handbook was designed to give our team families a complete understanding of our expectations and guidelines as to how our Team program operates.

The Team program is a year round commitment in which athletes must practice multiple days per week, train and execute required skills, learn and memorize routines, and go on to demonstrate these skills and routines simultaneously at competitions. Gymnasts who are selected for Team must display that they are physically and mentally capable of this program, have potential to succeed, are individually motivated to learn, and are dedicated to the sport and X-treme Gymnastics. In addition, they are selected not just as a team member, but also a role model and leader both inside and outside the gym. Finally, a gymnast cannot succeed without the support of her family. The athletes' family must also be committed team members and must be financially equipped to pursue this program. While being a member of the Team is admirable, understand this opportunity is a privilege, and not a right.

At X-treme Gymnastics, we strive to create a safe and supportive atmosphere for all our families through guidance, honesty, and communication. Our women's gymnastics program operates under the rules and regulations of USA Gymnastics, the sole national governing body for the sport of gymnastics in the US. We believe that gymnastics is the root of all sports. Its basic components aid in the physical development of every child and contribute to the foundation of a productive life. In addition to physical advancement, we seek to instill life skills and character traits through the participation in this program that will serve our students well throughout their lives. This includes, but is not limited to, determination, work ethic, grit, time management, responsibility, leadership, sportsmanship, discipline, respect and confidence. It is the mission of X-treme Gymnastics to provide an encouraging environment where each gymnast can thrive in a safe and challenging atmosphere. We will always run a structured, disciplined program, as it is our belief that gymnastics is far too dangerous and costly to have training be considered just an opportunity for socializing. Our staff demands respect and a strong work ethic from every athlete. We will enforce respect, positive attitudes, and manners at all times. Our objective is to see to it that every athlete who participates in our program receives the same quality instruction regardless of ability. Athletes will also be treated with respect and provided honest feedback and positive guidance in order to help them reach their goals. We coach athletes to value not only gymnastics, but relationships, character, education and positive life influences. Our coaching staff measures their success by what each child takes with them when they leave the sport.

We strive to create a family-oriented environment. Our coaches along with the gymnasts' parents must all be supporting members of the "triangle of trust" to assist and support the athlete in reaching her goals. Parents can support coaching decisions by clarifying concerns with a coach in an open and caring way. It is important that parents show respect for the authority of your child's coach. Know that our doors are always available to you should you ever feel the need to carry a concern to our coaches. We take all concerns seriously. The staff at X-treme Gymnastics understands that we must shoulder the major responsibility of being a role model for our athletes as they are major contributors in the overall development of your children. This is a responsibility that we do not take lightly. X-treme Gymnastics would like all our Team families to know how much we appreciate your support. We have become very close to many families involved in our programs and sincerely hope to build even more lasting friendships in the future. With that said, we must also remind you that we are running a business and like any successful business, there are established policies regarding payment for services rendered.



Program Descriptions

Pre Team Program

Our Pre Team program is a seasonal transitional program that serves as a bridge to our Competitive Team. This program is designed for serious, committed gymnasts and their families. Gymnasts must be recommended for this program by a member of our coaching staff. Our staff will select gymnasts who show ability to perform skills with precision and accuracy, have developed strength and flexibility, are focused and dedicated to the sport of gymnastics, have individual goals of being a member of our competition team and also have family support. By accepting an invitation into this program, you are acknowledging that you have a genuine want and desire to become a part of the X-treme Gymnastics Competition Team in the near future. Pre Team families must agree and be willing to join Team when recommended by the X-treme Gymnastics coaching staff. **Average Length in Pre Team: 1-4 months.** Gymnasts are NOT required to be in the Pre Team Program prior to joining Team; however, it is a helpful and recommended transition. Gymnasts can also be invited to join the Team by scheduling a trial/try out and receive a coach recommendation.

Level 2-3 Developmental Compulsory Team Program

Developmental Compulsory levels are the foundation for all progressions within the sport. Levels 2 and 3 will focus on developing strength and flexibility, while learning entry-level gymnastic skills and proper technique. These levels require a moderate level of commitment and practice time. At this level, gymnasts are introduced to meets in order to teach them how to perform under pressure, control nerves, and understand the need for proper preparation in practice. The goal for these levels is to receive an invitation to State Championships. Mastery and proficiency at these levels is required before advancing to the next level. **Average Length in Each Level: 2 years**

Level 4-5 Compulsory Team Program

Level 4 and 5 are Compulsory levels that are progressive in nature. They continue focusing on fundamental skills and technique by building upon skills at the Developmental levels. Expectations at these levels become higher, while challenges become greater. An increase in commitment and practice time must occur in order to prepare athletes for Optional level gymnastics. The goal for these levels is to receive an invitation to State Championships. Proficiency at the current level is required before advancing to the next level. **Average Length in Each Level: 2 years**

Level 6-10 Optional Team Program

Optional level gymnastics requires a high level of commitment. Practices are longer and more frequent due to more difficult elements being performed, along with more advanced conditioning and flexibility. The goal for Levels 6-8 is to qualify and receive an invitation to Regional Championships. The goal for Levels 9 and 10 is to qualify and receive an invitation to National Championships. It is in the higher optional levels that gymnasts start thinking towards their future goals and plans for their gymnastics career at the collegiate level. To reach Levels 9-10 is a huge honor in itself, as these athletes have overcome numerous obstacles and have trained exceptionally hard over the years to get to this point.

Xcel Team Program

The Xcel program was created to serve as a broad-based, alternative track to the JO program, where skill advancement and progressions run parallel. It was designed by USAG to attract and retain a diverse group of athletes while continuing to help them develop and advance their skills. Candidates for this program vary and must be recommended by a coach. A few examples of candidates for this program may include: 1.) a gymnast who has been at her current level for multiple years; however, is missing required skills/elements for the next level, 2.) a gymnast having a weak event(s) and/or injury that has hindered them from advancing to the next level, 3.) age is also a consideration. Gymnasts are able to move back and forth between the JO levels and the Xcel program, so long as they meet requirements at the level they are entering.

Time Obligations

Year Round Sport

Team gymnastics is a year-round commitment. It is critical to the success of your athlete that they are committed to this sport during both the school year and summer months. Gymnastics is a very unique sport. It is one of the few sports that require such a high time commitment at a relatively young age. We ask that you understand this obligation before accepting a spot on our roster. If for any reason, your family needs to take an extended time off, please make this known to the coaching staff and your athlete will be reevaluated upon their return to determine if they are still a good fit for the Team program. While we do support other activities, typically the participation in too many activities may result in inconsistent successes, increased chance of injury, as well as display a lack of commitment to all programs involved. There are times where personal sacrifices and compromises will need to be made. Gymnastics should not consume your life. We realize that family, academics, and religion must all be priorities. Ultimately, we expect our athletes to learn to budget their time when other activities arise and make fair, thought out decisions for herself.

Practices

It is expected that your athlete attends all scheduled practices. Gymnasts should arrive shortly before her practice time is scheduled to begin and be available to stay until the end of practice where they will be dismissed by their coach. We understand that many of you are juggling multiple schedules. We ask that you communicate (via email) any and all conflicts in advance so we can note it in our attendance book. There are no make-ups for missed team practices for any reason.

Team Camp Week/Days

Camp week/days are mandatory for all levels of our Competitive Team. Team members will get a jump start on higher level skills in a fun camp-like atmosphere. We ask that you please try to plan any summer trips around camp week/days so you do not miss out on the experience. Camp is included in your regular team tuition as this extra time will compensate for the week we are closed. Official camp dates and schedules will be announced each year and may vary from year to year.

Competitions

A competition schedule will be posted each season (normally mid-August). The schedule will include all important information including dates, locations, entry fees, entry deadlines, etc. Additional meet information can be found on our website. All team members are expected and encouraged to attend all scheduled competitions. By attending all the scheduled competitions, it ensures that you will obtain the most meet experience and best overall Team experience offered by being a member of the Competitive Team. Furthermore, it gives you the opportunity to track your individual progress, earn scores to qualifying meets, and gives your Team the best chance of placing in the Team competition (in Ohio the highest 3 scores on each event count towards the Team score). We do understand that previously planned obligations may occur; therefore, you are able to opt out of a maximum of two (2) competitions per season if necessary. It is your responsibility to inform X-treme Gymnastics via email of the meet you cannot attend along with the reason why you are unable to attend. This must be done prior to the entry deadline.

Approximate Yearly Timeline

May: Commitment to X-treme Gymnastics Competition Team for the next Competition Season.

May-October: Off season training to acquire the strength and skills required at your respective level. Competitive levels will be determined during this time. Routines will also be learned during this time.

November-May: Competitive Season (varies by level). We are always training ahead - progressions for advancement will be continued during these months.

May: Training and progressions for advancement continue. We expect you to be able to decide during the month of May if competitive gymnastics is something you will continue with into the next season.

X-treme Gymnastics Financial Obligations 2022-2023

The fees below are due, in full, on or before the listed deadlines. Partial payments are not accepted (unless listed below in a payment plan). A \$20 late fee will apply to all payments made after the listed deadline.

TUITION: Tuition is due on or before the 15th of each month, paying ahead for the following month.

TEAM REGISTRATION/COMMITMENT FEE: \$50 - Due May 1

This fee is paid annual upon the start of each competitive season. This fee serves as your acceptance and commitment to our Team program for the season and secures your child's spot on our roster. It also supplements all clerical work that is required after your registration. This includes but is not limited to the configurations of team rosters, practice schedules, meet rosters and registrations, and all important information that will be sent out to you throughout the season.

TEAM UNIFORM: Due August 1

Generally, team uniforms are used for TWO competitive seasons - this season is the 2nd year for our current uniform style. Uniform styles are subject to change from year to year, and new items may or may not be required each year.

- **GK Leotard (\$425):** Mandatory for **NEW team members**, same style as last year.
- **GK Jacket (\$165):** Mandatory for **NEW team members**, same style as last year but made by GK Elite.
- **GK Leggings (\$35):** Mandatory for **NEW & RETURNING team members**, these will replace last year's leggings.
- **Bookbag (\$65):** Mandatory for **NEW team members**, these will be a new style but are only mandatory for new team members. Returning members are welcome to purchase the new bag should they choose to.
- **Bow (\$15):** Mandatory for all **NEW team members**.

USA GYMNASTICS ANNUAL MEMBERSHIP: Due August 1 - New First-Time Athlete: \$25, Athlete: \$65

Athletes must have a USAG membership in order to register for sanctioned competitions.

Registration How To Guide: https://usagym.org/PDFs/Member%20Services/howto_parent.pdf

COACHING FEES: Due Sept. 1 - \$300/gymnast (-\$100 High School discount if competing for your HS Team)

+ \$50 Regionals (if gymnast qualifies, this \$50 coaching fee will be due in addition to your Regional Entry Fee)

+ \$100 Nationals (if gymnast qualifies, this \$100 coaching fee will be due in addition to your National Entry Fee)

This annual fee covers all coaches' competition expenses, including wages, transportation, mileage, food, lodging, and team entry fees, for all scheduled competitions throughout the season. Absolutely no additional fees will be added onto meet entry fees nor will anything be billed after competitions.

COMPETITION ENTRY FEES: Deadlines Vary

Entry fees vary by level/meet. Attending ALL scheduled competitions is highly encouraged; however, you are permitted to opt out of a maximum of TWO (2) competitions per season, if necessary. Parents MUST notify the gym in writing (via email) of the meet you are opting out of PRIOR to the entry deadline.

High School Gymnasts: Gymnasts who also compete for High School (OHSAA) must compete in all club meets BEFORE and AFTER the high school season ends. Due to OHSAA regulations, gymnast's cannot overlap USAG meets and OHSAA meets. For this reason HS gymnasts are NOT allowed to opt out of competitions outside of HS season. For this reason, HS gymnasts receive a discount on their coaching fees listed above.

OTHER EXPENSES

Other potential expenses that may arise throughout the season: Travel accommodations to/from meets, admission and parking fees at meets, practice apparel/necessities (such as our annual team practice leotard, grips, shorts, tape, pre wrap, etc.), routine choreography (Levels 6-10 and Xcel), routine clinics (Levels 2-5), private lessons, etc.

Athlete Expectations

1. The X-treme Gymnastics Team is built on a culture of respect and hard work. By these means, the athlete is predisposed to being successful and creating strong character traits. In order for this culture to be established and maintained, the athletes and parents must conform to the expectations of the team, the coaches, and the gym by adhering to these rules and policies. We will not tolerate athletes or parents that, by their words or actions, do not support the policies and values of our team program.
2. All gymnasts should arrive at the gym physically ready to practice. This means that the gymnast has eaten a healthy meal within the appropriate amount of time prior to practice. Your leotard is on and hair is up prior to entering the facility. You have any and all equipment that you'll need in order to have a successful practice (including but not limited to a refillable water bottle, hair ties, band aids, tissues, hand sanitizer, deodorant, grips, tape, pre wrap, equipment needed to take care of rips (nail clippers, band aids, tape), athletic braces and supports, an extra leotard, feminine hygiene products (ages 10 and up should always be prepared), safety strap for glasses, contact case and solution, inhalers, etc.). **No unitards are to be worn to team practices.**
3. All gymnasts should arrive at the gym mentally ready to practice. This means that the gymnast should arrive with intent to participate with a positive and competitive attitude. Gymnasts must have goals and be mentally and physically ready each practice to work towards achieving these goals. We understand that all days will not be perfect and the gymnast may become frustrated at times. However, any frustration that turns into negative behavior or disrespect towards coaches or other athletes will not be tolerated. In order to develop a successful working environment, the gymnast must be committed to excellence each and every day.
4. Good attendance is essential to the success of the athlete. You should arrive on time and stay until you are dismissed. Please do your best to attend all scheduled practices, competitions and team events.
5. The gymnast is responsible for all assignments provided by the coaches. This includes skill based or conditioning based assignments. Cheating is the worst form of disrespect to your coaches, your parents, and most importantly yourself, and it will not be tolerated.
6. Athletes must ask permission to leave the gym for any reason. Walking away from a coach, back talking, arguing, aggressive behavior, eye rolling, profanity, inappropriate discussions, etc. are forms of disrespect and will not be tolerated.
7. Communicate with your coach when you do not feel physically or mentally well. Safety is of utmost importance and the gymnast must listen to their bodies and communicate accordingly.
8. Understand that the sport of gymnastics is scored on perfection. Judges break down every detail and take away points for anything performed incorrectly and/or mistakes. Essentially, it is your coaches' job to do the same in order to best prepare the athletes for competition. While our coaches will do this in a positive, encouraging way, ultimately, the gymnast must learn to willingly absorb the critiques from her coaches and apply it.
9. Gymnastics isn't easy, but adopting a negative attitude is. It's easy to blame others and make excuses. Put in the work. Stay positive and stay motivated. Gymnastics requires strong-minded, determined attitudes to overcome all the failed attempts before finally landing a skill. Trust the process. It requires hours upon hours in the gym in order to maintain, progress, and reach success. Be patient with yourself.
10. Turn each and every defeat into a learning opportunity for growth. With each endeavor you start as a beginner and learn proficiency from the mistakes you make. Know that mistakes can and will happen to everyone. Successful people learn from their mistakes. They build on your failures. The more chances you take the more failures you will experience and the more you will learn and grow as an athlete and an individual.

Parent Expectations

1. The parent can have the most difficult role in the gymnast's career. While everyone involved (Parent, Gymnast, Coach) are equally important, the parent has the smallest role in controlling the performance of the athlete. At the same time, the parent has the greatest sense of emotional attachment to the performance. This high level of emotional investment and low level of control can lead to stress on the parents' part. Due to this, parents' have been known to lose sight of the important role that they have to play which is to provide support to their child in all situations.
2. Be your child's biggest supporter. Show your child unconditional love and encouragement. Children need to feel loved when they are victorious and even more so when they are defeated. Athletes need to be able to take chances, whatever the outcome. Don't send the message to your child that they have to win in order to receive your love. Athletes who know defeat or have performed poorly already feel bad. Let your child know you believe in them and their abilities. The important thing is that they tried their best. As long as hard work and dedication is there improvement is guaranteed to follow.
3. Make every attempt to have your athlete to all scheduled practices, competitions and team events on time. Do your best to be prompt when picking up your child. We understand that each athlete is a student first. There will be times that the athlete must miss practice to a large school workload or school event. Please communicate with us if any such conflict arises by sending us an email. If you are going to be late picking up your child, please call us so that we are aware and can notify your child.
4. Physically, make sure your child is well nourished, hydrated, and well rested for each practice. Encourage good diet and sleeping habits. Nutritious meals both before and after workouts are essential to your athletes training.
5. **Do not coach your child.** Parents who make technical corrections create a conflict between the gymnast and coach. It is imperative that gymnasts do not question her coaches. All gymnasts will progress at their own rate and it is our job as coaches to monitor and further help this progression in the gym. If we feel there is anything additional the gymnast should be doing outside of the gym, we will communicate that with you and/or the gymnast. It is not always in the gymnasts' best interest for parents to sit through every lengthy practice as it has the potential to add unnecessary pressure to the athlete which can be detrimental to her progress.
6. Team families are expected to be advocates of X-treme Gymnastics and its coaches. We expect every parent or guardian to set a good example for their child. There is never a positive outcome from gossiping and it can only cause harm to everyone involved. Never compare your child to another gymnast. Every gymnast and situation is different. Do not make assumptions. Do not take things personally. Unacceptable actions or behavior made by either the gymnast OR the parent can jeopardize your child's current and future membership with the X-treme Gymnastics Competition Team.
7. If you have a concern please set up a meeting via email. Do not try to discuss any concerns with coaches directly prior to, during, or after practice without advanced notice. This takes away from the coach's ability to do their job on the floor and takes their attention away from the athletes. If a matter requires immediate attention, please inform the front desk so they can relay the message.
8. You are expected to adhere to gym rules and policies established by X-treme Gymnastics. Understand that sometimes policies and procedures may need to be revised for the best interest of all in the gym.
9. We are honored that you have chosen X-treme Gymnastics as the gymnastics club to educate your child. Please know that this is a responsibility that we do not take lightly. We take pride in the development of your child, the athlete, but also your child, the person. If you respect us enough to play this large role in your child's life, please respect that we have each individual child's best interest at heart.

Gym Rules & Policies

Equipment and Gym Safety: It is our utmost importance to provide a safe training environment for all of our athletes. Equipment is inspected and cleaned on a regular basis; however, it must be recognized that even with constant vigilance inherent risks are involved with the participation in any sporting event. To avoid potential risk, athletes are not allowed on any of the equipment or matting without the supervision of a coach. All gymnasts are expected to be respectful of the gym and its equipment at all times.

Dress Code: All Team gymnasts must wear a leotard to practice. NO UNITARDS. Spandex shorts permitted. Hair must be pulled back and secure. No loose jewelry. Leave valuables at home. Gymnasts should be prepared with any and all equipment that they may need in order to have a successful practice (water bottle, extra hair ties, band aids, tissues, hand sanitizer, deodorant, grips, tape, pre wrap, equipment needed to take care of rips (nail clippers, band aids, tape), athletic braces and supports, an extra leotard, feminine hygiene products (ages 11 and up should always be prepared), glasses strap, contact case and solution, inhalers, etc.).

Attendance and Punctuality: Gymnasts should arrive early enough to change, use the bathroom, etc. before the start of their class so that there is as little disruption to class time as possible. If your child is going to be absent, late or needs to leave early for any reason, please be sure to notify the gym (email preferred).

Communication: X-treme Gymnastics will use email as its main source of communication with our Team families. We ask you to also communicate with any information relating to your athlete (i.e. missing practice, vacation dates, injury, illness, questions, concerns, etc.). Our gym's website, bulletin board, and social media sites are primary resources for current information. While we encourage you to ask questions, please make sure to check your resources first as your answer may already be available to you. If you need to set up a meeting with a coach for any reason, please send us an email and we will get back to you as soon as possible.

Driver Responsibility: Drivers should be extremely careful and courteous when driving through the parking lot. Children must be picked up within 5-10 minutes of their class ending and dropped off no more than 10-15 minutes prior to the start of their class. It is very important for the safety of everyone that the coaches are aware of who is in the gym at all times. Please inform us if someone besides you will be picking up your child. For your safety, gymnasts are instructed to wait inside the building until their ride arrives to pick them up. Please help us encourage this rule.

Practice Observation: Anyone observing practice must follow all gym safety rules and etiquette. Please refrain from gesturing, signing, or correcting your child while they are on the gym floor. Please do not attempt to coach or speak to your child while in class—leave the coaching to the coaches. These kinds of distractions can be dangerous to all athletes on the floor and could result in injuries. Parents who wish to take pictures or record their child MUST make sure that they turn off the flash. Children not participating in class should remain seated with their guardian in the observation area under their supervision at all times. Unless a child is in a class, NO unsupervised children are allowed in the building. Gymnastics skills are not to be attempted in the observation/lobby areas. Observers are expected to be respectful to our facility and property. Noise levels should be kept to a minimum as not to distract from any athlete or coach on the gym floor, and to be courteous to the other observers who wish to enjoy that area. Observers not following these safety precautions will result in being asked to leave the observation area or the building.

Lockers: All Team members will receive an assigned locker. Do not move or take things from any locker that is not yours. Do not leave food and water in lockers overnight. Wet shoes and spilled drinks can leak into the lockers below yours and ruin someone else's belongings. Please keep water and shoes in their designated areas. Trash is to be thrown away before leaving practice. Be respectful of your gym and your teammates and keep your locker room clean. Phones and electronics are not to be used during practice for any reason. We are not responsible for lost, damaged, or stolen items. It is the responsibility of the athletes using the locker room to keep it clean and tidy.

Gym Rules & Policies (Continued)

Payment and Refund Policy: All payments are due on or before their listed deadlines. Tuition payments are due before the 15th of each month for the following month. All late payments result in a \$20 late fee per payment that is turned in after the deadline. Returned checks incur a \$30 fee. Payment methods include cash or check. Credit/debit cards incur a 3% processing fee. We do not keep credit card information on file. All Team expenses paid to X-treme Gymnastics are non-refundable for any reason.

Discount Policy: Team members will receive 15% recreational classes for both you and your siblings. If multiple children are on Team, the child with the lesser tuition rate will receive 20% off her tuition each month. X-treme Team members who are also members of their High School's Varsity Gymnastics Team will receive \$100 off their annual coaching fees due to competition conflicts as regulated by USAG and OHSA rules and policies. There are no sibling discounts for registration fees, coaching fees, meet entries or team uniforms.

Gym Closings & Make-up Policy: You can expect a number of gym closings due to team competitions, events, holidays, and inclement weather. These closings have been factored into the annual calculation of your team tuition and will not be rescheduled. There are no make ups within the Team program. Tuition is determined annually and has been divided into monthly payments for your convenience. Team tuition rates per hour are drastically less than that of the recreational programs. Calculated into your tuition are an anticipated number of gym closings due to competitions, holidays, and inclement weather. Tuition is not prorated or increased depending on the number of classes in a month. Practice cancellations due to competitions will be decided after the meet schedule comes out. As a rule of thumb, if your level is scheduled to compete on a day that you would normally practice, then practice will be canceled, whether you are attending that meet or not. Gymnasts are NOT permitted to practice with another group.

Inclement Weather: In cases of inclement weather, we do NOT close with any one school district. In most cases roads are clear by late afternoon when most classes start. Should we need to close, we will send an email and post that we will be closed on our website and social media sites.

Open Gym Policy: Team members are not permitted to attend another gym's Open Gym for any reason as it displays a lack of commitment to our club, your coaches, and your teammates. Furthermore, it is for your own safety as other coaches do not know you or your skill level. When participating at our Open Gyms you are not to attempt skills that have not been taught to you or that you don't perform on a regular basis. Open Gyms are designed for you to work independently on your current skills in a fun, supervised atmosphere. It is a fun and safe environment for you to spend time in the gym with friends and teammates.

Gymnastics Camp Policy: Any outside camp must be approved by X-treme Gymnastics. Please see attached Camp Request Form for more details. Request Forms should be turned into the front desk or Team mailbox.

Private Lesson Policy: Team members are only permitted to take private lessons from coaches at X-treme Gymnastics. See the attached Private Lesson Policy for additional information and scheduling procedure.

Injuries: Injury maintenance and care must be a priority to ensure a healthy, safe return to gymnastics. It is required that all athletes report any and all injuries to her coach(es) and the office staff. If your gymnast does obtain an injury, do not assume that she cannot train other areas while she rests the injured area. In many cases, the gymnasts can continue practicing doing modified workouts. X-treme Gymnastics reserves the right to review each gymnast's injury and medical recommendation in order to determine a recovery plan. An official copy of the medical note is required to be turned in to the office. A medical release is also required prior to returning to full practice. Serious injuries requiring the gymnast to be out of the gym for an extended period of time may be eligible to receive a tuition credit. We do NOT credit any injuries for the first two weeks. For example, an injury requiring a gymnast to be out of the gym for 6 weeks would receive a 4 week credit. Official medical notes are required in order to receive any tuition credit.

Gym Rules & Policies (Continued)

Media Release: X-treme Gymnastics reserves the right to use the athlete's name, photos and/or video footage that may be taken for promotional purposes on our website and social media accounts.

Communicable Infections: All open wounds, such as cuts and blisters, along with contagious infections, such as warts, athlete's foot, impetigo, ring worm, etc., must be securely covered with band aids and athletic tape PRIOR to entering the facility and remain covered until you leave the building. If you are febrile, have pink eye, lice, etc. you are NOT permitted to enter the facility for any reason. These are all highly contagious. Athletes who show up to practice in this state will receive a call to go home to ensure the facility is safe for all other students and employees. It is the responsibility of the parent to make sure all contagious infections are covered and in the process of being treated by a medical professional.

Procedure for Rips and Grips: Understand that rips are inevitable. They are caused due to friction between the hands and equipment. To treat rips you should wash hands with warm water and soap, cut off excess skin around the rip, and let air out as much as possible. When you get a blood rip or blister, it needs to be covered during practice. Grips DO NOT prevent rips. Grips are used to enhance a gymnast's grip on the apparatus. Grips are optional and are not used by all gymnasts. Grips are not required for any level; however, may be purchased when given permission by their coach (typically upon entering Level 4). Getting grips varies from gymnast to gymnast. This decision is to be made with you and your coach. If you have reached the point where you are performing a lot of swinging elements, such as clear hip circles or giants, grips can help you stay securely on the bar and perform these skills with more confidence. However, other gymnasts would rather not wear grips at all and they perform very successfully without them. **Those who wear grips should break in a new pair every year.** Grips wear out, stretch, and/or rip over time which could be potentially hazardous. It's always better to be safe than sorry – would you rather invest in new grips, or potential medical bills caused from using unsafe equipment? Your grips and grip maintenance are your responsibility, not your coaches; however, we will give everyone annual reminders.

Disciplinary Action Policy: The development of the coach/gymnast relationship is vital to the success of the athlete. Therefore, we cannot and will not run to the parent every time there is a problem. We will attempt to build our own relationship with our athletes. Those relationships are built on time shared, belief in the same dreams and values, work performed together, and the emotional ups and downs that are part of all important ventures. The downs include discipline problems that we will work to solve within the framework of building a relationship. In the instance we need your help to overcome a challenge that is too much for us to accomplish on our own, we will contact you. The coaches and staff of X-treme Gymnastics reserve the right to remove any gymnast who may be disrupting the progress of a class or endangering themselves, the coaches, or other gymnasts.

Leaving the Program: Should an issue arise involving your athlete and the gym we would hope and expect that you would set up a private meeting with us to discuss the issue with us before making any immediate decisions. Know that our doors are always open, and our coaches and staff are here to help you. However, if our coaching staff is not aware of any concerns, we cannot help the situation. If after meeting with the coaches and staff, you feel that X-treme Gymnastics is no longer a good fit for you and your family's team experience, we request that you are upfront and honest with us. Know that our coaches and staff put a great amount of energy, time, and effort into each and every one of our students; therefore, losing a student is an enormous disappointment to the gym, its coaches, and your gymnasts' teammates. Understand that gymnastics coaches make up a very small community and we all work together for the same cause; therefore, much of our staff is in contact with various coaches at nearby clubs. With that being said, we are not hurt by your decision, but we are hurt by your dishonesty. Any gymnast who leaves the Team for any reason **may** be allowed to return to Team one time only, at the discretion of the gym owners and coaches. In severe cases should you be asked to leave X-treme Gymnastics, you will not be permitted to return for any reason.

Removal from the Team program or leaving the Team program for any reason will result in the forfeit of any fees already paid to X-treme Gymnastics.

X-treme Gymnastics

Gymnastics Camp Request Form



X-treme Gymnastics does not feel that outside gymnastics training camps are necessary to our competitive gymnasts training and advancement. There are also safety aspects to consider. Furthermore, we do not want our gymnasts missing vital training hours in our gym with their teammates and coaches. The staff at X-treme Gymnastics is more than qualified to train your gymnasts and they would be doing the same skills and drills they would be doing at any camp. Our annual Team Camp Week/Days are already included in your tuition so that the gymnasts can have a camp experience, and we do not feel they should need more than that.

After hearing our opinion, should you still want to attend a gymnastics camp, **YOU MUST FILL OUT AND TURN IN THE FOLLOWING REQUEST FORM PRIOR TO REGISTERING FOR THE REQUESTED CAMP.** After we receive your camp request, we will either approve or deny your request. **FAILURE TO FOLLOW THIS PROCEDURE AND/OR IGNORE OUR DECISION WILL RESULT IN THE REMOVAL FROM THE X-TREME GYMNASTICS COMPETITIVE TEAM.**

Date of Request: _____

Gymnasts' Name: _____

Camp Name: _____

Camp Location: _____

Dates of Camp: _____

Please Note: Request Forms should be turned into the Team Payment Mailbox located by the front desk. Requests will be returned to you within a week of the request date.

Date Returned: _____

Your Camp Request has been: () Approved () Denied

Staff Comments: _____

Staff Signature: _____



X-treme Gymnastics

Private Lesson Policy



1. Private lesson requests and bookings **MUST** be scheduled and confirmed VIA THE GYM'S EMAIL (xtreme6@roadrunner.com). To ensure accuracy and confirmation with all involved parties, private lessons will **NOT** be scheduled in person or over the phone. Private lessons must be scheduled in advance and are subject to current coach availability. Private lessons are first come, first serve with your payment holding the day and time.
2. **Private lesson payments are CASH ONLY.** Lessons are \$30 per half hour and should be paid as soon as the date has been determined and confirmed via email. **PAYMENT IS DUE TO X-TREME GYMNASTICS A MINIMUM OF 48 HOURS PRIOR TO THE DATE OF THE LESSON.** Your lesson will **NOT** be officially added to the coach schedule and the coach will **NOT** be notified of the lesson until your payment has been made. If not paid 48 hours prior to the lesson, the lesson will be canceled. Private lessons are first come, first serve with your payment holding the slot. Without payment, your time slot may be given to another request. Failure to follow the Private Lesson Payment Policy may risk your eligibility for future private lessons.
3. Coach availability is based around their current work hours in the gym. This is typically before/after practice begins/ends for the day. Availability may vary from day to day. Availability typically becomes limited during our competitive season (to which X-treme Gymnastics Team members will have priority).
4. Private lessons will **NOT** be given on a skill/event that the child isn't attempting during her regular practices. Private lessons are not to be used to overcome a fear on a skill or event. If a child is unwilling to attempt a skill/event in a 3+ hour practice, generally a 30 minute private lesson will not be the magical solution to the problem. This tends to be a waste of time and money for all parties involved and typically leaves the gymnast feeling more pressure, stress, and disappointment. Gymnastics is a marathon, not a sprint. Gymnasts should use their gym time wisely and **TRUST THE PROCESS!**
5. We want our gymnasts and families to be aware that private lessons are a privilege, and not a right! If a child is not giving 100% in her regular practices, the coaches reserve the right to deny the request for a private lesson until the gymnast's work ethic and/or attitude is corrected. Lastly, private lessons are **NOT** the key to being successful at competitions. The gymnasts who will be successful will be the ones who listen and make corrections, who take the most turns in a practice, who finish every assignment, who don't cut corners or cheat on conditioning, and who has a positive attitude and work ethic 110% of every practice day in and day out.
6. If for any reason you need to cancel or reschedule a private lesson that has already been booked with an instructor, we require a minimum of 24 hours' notice to be able to inform the instructor and reschedule the lesson. If you do not give 24 hours' notice or do not show up to your lesson, you forfeit the payment as the instructor will still be compensated for their time.

Meet Guidelines

Meet Schedules: Our meet schedule will be available to mid-late August and will include meet dates, locations, entry fees, and payment deadlines. Competition season runs approximately late November thru April/May. While the meet weekends are listed for the meet, you are not required to be there the entire meet weekend. Each level will be assigned a “session” on one day over the weekend. Each session lasts approximately 4-5 hours. Session assignments will be available a minimum of two weeks prior to the actual meet date. Once we receive the meet schedule, it will be posted at the gym, our website, and sent to you via email. Parents are NOT permitted to contact the host gym for any reason. Gyms and coaches serve as the liaisons between meet directors and parents for competitions.

Spectator Admission/Parking: Every competition’s admission/parking fees will be different as they are determined by the host gym and/or venue. Admission fees are approximately \$5-\$25/person. Some meets may also require parking fees. **Most admission and parking fees are cash only.** Please be prepared to avoid delays.

Competition Attire: The X-treme Gymnastics Team uniform is **NOT to be modified or customized in any way. It is to remain the same as how it looked when you picked it up from the gym.** Gymnasts are expected to arrive in full uniform ready to compete. This means, you are to arrive at the venue already dressed in your leotard, warm up jacket and leggings, white/black tennis shoes, carrying your Team Bookbag, with “meet hair” done. **You should NEVER be changing or doing your hair at the meet venue.** Gymnasts are not allowed to wear any jewelry per USAG policy. We highly recommend only wearing clear nail polish on their hands or feet as it may cause distractions to the judges leading to deductions. “Stage make-up” is not permitted. Make-up, if any, should be natural and kept to a minimum. Undergarments, if needed, must match your leotard or skin tone and must be completely hidden under your leotard at all times. Bows, scrunchies, bras, briefs, etc. are available in the X-treme Pro Shop. As weather permits, please make sure to wear appropriate outerwear into the venue. Large boots and jackets will be given to parents to keep in the stands, as the gymnast can only bring their book bag and uniform to the competition floor.

Meet Hair: Hair is to be done neatly in a bun and secured tightly so that it won’t fall or need fixing during the entire competition. You are to wear the matching team scrunchie AND team bow. Team bows can be worn on the side or underneath of your bun. No other unapproved hair accessories can be worn to meets. Use hair pins, bobby pins, snap clips, hairspray and/or gel to keep hair in place. When applying hair spray, please cover your gymnast’s uniform with a towel to avoid it getting on her uniform.

What to keep in your Bag: Do not use your team bookbag as your suitcase if you are staying overnight for a meet. Please use a separate bag for all your overnight items. Your team bookbag should only contain your meet necessities so they can be easily accessible during a meet. At all times gymnasts should carry the following items in her meet bag: black flip flops (these will be used to quickly run to the restroom during a meet to avoid going barefoot through the venue), a re-sealable water bottle, grips, equipment needed to take care of rips (nail clippers, band aids), tape and pre wrap, tissues, hand sanitizer, deodorant, extra bobby pins, hair ties, hair clips, hair spray, brush/comb, a spare leotard (preferably in team colors), feminine hygiene products (ages 10 and up should always be prepared), safety strap for glasses/contact case and solution, inhalers, and a healthy snack. It is highly recommended that you carry a spare pair of grips. Optionals must have their floor music on their phone/device.

Gymnast Behavior and Sportsmanship: Gymnasts are expected to present themselves to the highest standard. Be courteous and respectful, not only to your own teammates and coaches, but to ALL the competing gymnasts, their coaches, parents, spectators and judges. You are expected to watch and support all of your teammates. Your attitude and how you carry yourself is important. If you mess up, do not let it get to you, do not cry, and do not take it out on your teammates or coaches. You must learn to pick yourself up and move on before it affects your other events and your teammates’ performance. Negative attitudes, hysterical behavior, arrogance, and connotative gestures or comments are unacceptable and do not represent X-treme Gymnastics in a positive manner. This type of behavior will not be tolerated and you will be removed from the competition and/or awards ceremony immediately.

Meet Guidelines (Continued)

Entering the Meet Venue: Gymnasts are expected to arrive at their designated “Arrival Time” which is approximately 15-30 minutes before the “Stretch Time”. There may or may not be a “Gymnast Check-in” (every meet is different). Gymnasts use this time to get familiar with the meet venue, find the gym they’re competing in and their teammates and sit together quietly near the floor. Your coach is not required, nor compensated, to be present at the “gymnasts’ arrival time”. Your coach will pick you up and escort you into the competition area at the “Stretch time”. Once gymnasts have entered the competition area, you may not leave for any reason other than to use the restroom (gymnasts must ask permission and be escorted by a coach, a teammate, or will be brought to their parent to take them). Gymnasts are not permitted to interact with parents, siblings, or spectators during the competition. After the competition ends, gymnasts will be escorted by a coach to the awards area, where they will sit together as a team and wait patiently for awards to begin. It is at this time that they may have their healthy snack that should be packed in their book bags. Once awards start, all food must be put away until the awards ceremony ends. During the ceremony, we expect all gymnasts to be attentive and respectful. After both the individual and team awards have ended, gymnasts will then be dismissed to their parents. All gymnasts are expected to clean up their mess and throw away all trash before leaving the awards area. We expect our gymnasts to be respectful to the host gym and venue.

Parent Behavior: Per USAG rules, spectators and parents are not allowed to enter the competition area for any reason. In the case of an emergency, you must wait for a coach to flag you in or we will bring your child to you. Parents should refrain from distracting their children during competitions. Never approach a judge or official before, during, or after a meet for any reason. NO FLASH PHOTOGRAPHY is permitted for the safety of all gymnasts and coaches. Judges and coaches will stop a meet to reprimand anyone disregarding this rule. **Parents are expected to carry themselves with dignity and respect, and display good sportsmanship at all times! Be aware of your surroundings as everything you say and do directly reflect you, your child, and X-treme Gymnastics. Behavior that is negative, aggressive, arrogant, etc. is unacceptable and may jeopardize your gymnast’s current and future membership with X-treme Gymnastics. Spectators should NEVER speak negatively about our gym or other gyms, gymnasts, coaches, judges, or other spectators. You never know who’s sitting around you listening. Picture yourself in a giant fishbowl once you have entered the meet venue until you are back in your car. Someone is always watching.** Parents should understand that the gymnasts must sit with their team throughout the ENTIRE competition and awards ceremony. Gymnasts will not be permitted to leave until after all team awards have finished. If you, the parent/guardian, needs to leave early then you must find alternative transportation home for your gymnast.

Parent Attire: Families should show team unity by wearing X-treme Gymnastics clothing and/or team colors to all competitions and events. Spirit wear can only be purchased and ordered through the X-treme Gymnastics Pro Shop and/or through our Online Team Shop that we set up at select times throughout the season.

Gymnastics Community: Gymnastics is an individual sport and a team sport; however, gymnastics is also a very small community. In this community the parents, coaches, judges, and gymnasts must stick together for the sport to thrive. We expect this logic and behavior to be exhibited by everyone in and out of the gym, and especially at competitions. Many times at meets we rotate with other teams from different cities, states, or counties. You are expected to be encouraging toward all other gymnasts and teams. Upon reaching high levels of gymnastics the “fish pond” grows significantly smaller. Many high level gymnasts compete alone, or with a few teammates, and with considerably less people in the stands supporting them. Other gymnasts, teammates or not, understand all the hard work, fears, and frustrations that you endure on a daily basis. Of course we want our gymnasts and teams to be successful; however, we also aspire to create reputable young people who will become respectable adults with strong values. For this reason, it is important that everyone sees the big picture and comes together to view the sport as the community that it is.

Qualifying Meets

USA Gymnastics holds Ohio State Championships for Levels 2-10 and Xcel. Levels 6-10 and Xcel Gold-Diamond have the opportunity to qualify and advance from State to Regional Championships. Level 9-10 athletes have the opportunity to advance to Nationals based on their placement at Regionals. **We would like all gymnasts and families to know that State, Regional and National Championships are a privilege.** Qualifiers are selected by the coaches and staff of X-treme Gymnastics. Qualification requirements may vary by year and differ by level. Some of the many factors include, but are not limited to: USAG required qualifying score, mastery of skills, event and all around scores, individual event and all around placement, practice and meet attendance, work ethic, consistency, etc.

Should you be invited to represent X-treme Gymnastics at the State, Regional, or National level we request that you be proud, yet humble, about your achievement and be respectful toward the rest of your teammates. Should you not be invited, it does not mean that you are not a great gymnast, or that you won't be invited to attend in the future. Finally, this does not impact whether you will advance to the next level. Judges and coaches must follow a by-the-book list of requirements and deductions where gymnasts are expected to execute routines and skills seamlessly. Gymnastics is a sport based on perfection. We ask that you respect your coaches' decision and use it as a learning opportunity to keep working to improve.

Level Advancement

Our advancement policy is not "etched in stone" due to the variety of circumstances involved. Our main priority is to build happy, healthy, and confident athletes with strong basics. We can be sure to meet this goal by placing each gymnast at the level where they can comfortably and safely perform the required skills. USA Gymnastics states that ***"The USAG Junior Olympic program was developed with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills in order to advance safely"***. Before a gymnast can move to the next level, they need to demonstrate that they can be competitive at their current level and have mastered the next level skills. **Level advancement cannot be compared to moving up grades in school, nor can we guarantee a gymnast will move on to the next level each season. Gymnasts will advance at the time in the season that is deemed appropriate by the coaches.** We would like to assure you that it is common to remain at the same level for multiple seasons. On the other hand, should a gymnast be highly advanced beyond her level, it may also be attainable for that gymnast to test through a level(s). X-treme Gymnastics must maintain the integrity of the USAG JO program, its policies, procedures and standards. As gymnastics professionals, it is our duty to protect what we feel is in the best interest of the program and the athlete's individual development.

At the end of the summer, your coaches will either recommend you to remain at your current level or invite you to move up to the next. You are never forced to move up should you feel that you are not ready or mature enough for the next level. Level mobility is determined based on, but not limited to, scoring and placement at your current level, understanding and mastery of next level skills, mental attitude, strength and flexibility, attendance and work ethic, maturity, and emotional standing. Due to the fact that we are unable to predict a child's advancement, be advised that any gymnasts' level assignment is subject to change at any time. We request that you respect and trust your coaches decision as we aim to do what is best and safest for each gymnast at this current moment in their gymnastics career. We are setting our goals high in an effort to prepare our girls properly for the higher levels of gymnastics. With each level of gymnastics comes increasingly harder skills and an increased level of risk. **It is in the best interest of your child that you, the parent, avoid being blinded by your own ambitions for your child.**

"You never know when a player will peak and become great. Most quit before that happens, only the ones that fight through the rough and keep giving it their all will become great. All kids have that chance but only a few will follow through with it."

—Michael Rowan