

Competitive Girls Program Guide

There is no doubt that joining team is a significant commitment of time, effort and money. **Is it worth it?** Most parents will say that other than family life, team involvement becomes the most significant event in their child's life. Other than the obvious physical benefits, those children who become involved in team rarely accept negative influences in their life. They learn self discipline, how to work closely as a member of a team, how to handle themselves in a large variety of situations as well as how to prioritize and manage their time. For these reasons and more, team membership is a great investment in your child's future.

Team is a year-round commitment

The decision to join our team is a big one and reflects a significant year-round commitment.

Tuition is due regardless of attendance

Team members do not move onto and off the team based on illness, injury, vacation, camps, schedule conflict, or the like. You are either on the team or off the team. When tuition is paid by the 5th day of each month, you may deduct \$5.00. If paid after the 15th, you must add a \$10 late fee to your payment. Any unpaid balance which is 30 days overdue may terminate your child's participation in special events such as meets, clinics etc. Unpaid balances 60+ days overdue may terminate your child's participation at Zenith Gymnastics. Please work with the office staff on this important matter.

Competition Fees and Coach Expenses are due by the due date

Meet entry fees are due by the date specified on the Competitive Schedule that will be provided at the start of every season. Please try to get the entry fees in before the due date to ensure that your child does not miss the competition.

Coach expenses are due at the beginning of the season. This means that the fees have to be paid by the end of September. Coach Expenses are split between the whole team, so even if your child does not attend all the competitions you are still responsible for the coach expenses. Any outstanding coach fees after the due date will result in your child being unable to compete for the season until the fee is paid.

Injured gymnasts expected to participate

Injured athletes are expected to participate in practice and gym activities to the extent possible. It is often possible to work around injuries and turn a difficult situation into something positive, by increased work on flexibility, strength, specific events or specific skills. There is no reduction in tuition unless the injury takes you completely out of the gym for over one month and then only if the gymnast cannot participate in the workout in any way. A doctor's note specifying the injury and the expected time that the student will be unable to participate in gymnastics is required in order to avoid tuition charges for the time the student will not be able to come to the gym.

Cancellations

Each year you can expect to have a limited number of practices canceled due to holidays, meets, rest days etc.

Family Discount

Team families with more than one child in our program may deduct 20% from all smaller tuitions.

Leaving Zenith Gymnastics

Gymnasts who leave the gym during competition season for any reason other than a family move, are required to pay tuition until the end of the season. The boys season is from November to April. During the remainder of the year, if a gymnast leaves the gym a 2-month written notice is required. If the gymnast leaves before the 2 months have passed, tuition is still required.

Gym Rules and Regulations for Girls and Boys Team

1. Do not enter the practice area before your scheduled time
 - A. Bring a good positive attitude with you.
2. Follow **your team's** practice time schedule only, and try to be on time.
 - A. Make-ups are with the coaches' permission only and must be for a very good reason.
 - B. At the **optional level**, if you do not attend the minimum number of required hours, you may be held out of meets or held back a level. This rule will be strictly enforced the week prior to any competition and/or during the final training period before such. This is for safety reasons.
 - C. Your coach, and no one else, may decide when you are ready to move up a level.
3. Attend practice in **proper gymnastics attire**. Jewelry & watches are **not** allowed during practice. (Clear nail polish is recommended).
 - A. Boys: Wear shorts or long pants and a T-shirt. Girls: Wear a leotard and, if needed, **approved shorts**. Hair **must be tied back and out of the face**.
4. It is your **responsibility** to have **your own grips, wrist bands, music and tape** with you.
5. **Stay in assigned stations** at all times unless given permission from your coach. Do not go out of the gym (or to the lockers, office, bathroom or lobby) **without permission** from your coach.
6. Report any injury, pain or illness to your coaches **before** practice.
7. **No food or drinks** allowed in the gym **except water**, this includes the lockers.
 - A. If you bring food to gym you may eat in the lobby or in the upstairs viewing room. Please throw away any trash in the trashcan.
8. Please **do not talk** to or otherwise distract other gymnasts during practice time. You will have break time to talk.
9. Do **not** use **trampoline** without your coaches' permission or without the coach standing

there.

10. **Be respectful of gym property.** Do not write with or crumble chalk, tear pad from mats or bring trash and mud inside gym. Please put back any mats you use when you are done with them.
11. **Be respectful of coaches** and any adult in the gym. Talking back to the coach and blatant shows of disrespect are inappropriate behavior.
12. Parents, love and encourage your gymnasts and let the coaches coach them, our coaches are **Professionals.**

A. If you want to speak to a coach please schedule a time in the office to do so. Do not interrupt the coach before or after practice.

It is imperative that students follow these Gym Rules. **USAG** requires written rules and policies. Students who do not obey these rules are subject progressive discipline, including but not limited to the following:

1st offense: Coach to gymnast warning

2nd offense: Notice to parents; must be signed by gymnast and parent and returned.

3rd offense: Gymnast will be asked to sit out that day's practice.

4rd offense: Suspended from gym for one week; tuition still due.

5th offense: Suspended from gym one month; tuition still due.

If these measures are not effective then you will be asked to leave the team.

Competitive Programs Guide

AAU	USAG												
<p>Child centered:</p> <ul style="list-style-type: none"> • Competes by "division" in 1/2 season • All competitors receive awards in local meets • All participants are eligible for National Championships 	<p>More club centered:</p> <ul style="list-style-type: none"> • Often have kids with vastly different skill levels competing in the same age group (1st year level 4 girl versus a 3rd year level 4 girls) • Awards are usually based on number of competitors, usually 50% get awards. 												
<p>Membership fees:</p> <ul style="list-style-type: none"> • \$24 dollars 	<p>Membership fees:</p> <ul style="list-style-type: none"> • \$49 												
<p>Meet Fees:</p> <ul style="list-style-type: none"> • \$45 - \$50 (in state) + team • Coach expenses (travel, lodging, session fee) 	<p>Meet Fees:</p> <ul style="list-style-type: none"> • \$50 - \$65 + team • Coach expenses (travel, lodging, session fee) 												
<p>Advantages:</p> <ul style="list-style-type: none"> • Fun meets out of state • Insurance (optional) • more relaxed atmosphere • Can participate in Nationals • Most meets are local (daytrip) 	<p>Advantages:</p> <ul style="list-style-type: none"> • Judge Cup meet which lets each child know what they need to improve • More serious competitive atmosphere • Quarterly magazine • Insurance included in membership fee 												
<p>Competition Leotards:</p> <ul style="list-style-type: none"> • Level 2: \$35 sleeveless leotard • Level 4: \$85 long-sleeve leotard <p>Warm-ups (Optional):</p> <ul style="list-style-type: none"> • Jacket: \$65 • Pants: \$30 	<p>Coach Expenses:</p> <ul style="list-style-type: none"> • split between the whole team • paid at the beginning of the season • \$220 for the 2011 - 2012 season • Must be paid by the end of September 												
<p>Practice hours (during the year):</p> <ul style="list-style-type: none"> • Level 2 and 3 - 2 - 4 hours • Level 4 - 6 - 9 hours a week 	<p>Practice hours (summer):</p> <ul style="list-style-type: none"> • Level 2 and 3 - 3 - 6 hours • Level 4 - 6 - 9 hours 												
<p>Summer Schedule (September 1 - June 10, 2011):</p> <ul style="list-style-type: none"> • New Lvl 2: Tuesday and Friday 4:30 - 5:30 • Level 2 - 3: Monday and Wednesday 5pm - 7pm • Level 4 +: Monday, Wednesday 4pm - 7pm • Fridays 5 - 7 optional practice 	<p>Monthly Fees:</p> <table border="1" data-bbox="824 1654 1425 1894"> <tbody> <tr> <td>2 hours</td> <td>\$105</td> </tr> <tr> <td>3 hours</td> <td>\$132</td> </tr> <tr> <td>4 hours</td> <td>\$152</td> </tr> <tr> <td>6 hours</td> <td>\$180</td> </tr> <tr> <td>9 Hours</td> <td>\$200</td> </tr> <tr> <td>Annual Registration</td> <td>\$70</td> </tr> </tbody> </table>	2 hours	\$105	3 hours	\$132	4 hours	\$152	6 hours	\$180	9 Hours	\$200	Annual Registration	\$70
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