



COMPETITIVE GYMNASTICS TEAM HANDBOOK



DEAR GYMNASTS AND PARENTS,

UPON RECEIVING THIS INFORMATION AND JOINING OUR COMPETITIVE TEAM PROGRAM, EACH TEAM PARENT SHALL READ AND UNDERSTAND WITH THE GUIDELINES AS SET FORTH IN THIS DOCUMENT. THIS INFORMATIONAL PACKET WILL GUIDE YOU THROUGH THE OBLIGATIONS AND COMMITMENT OF BEING A COMPETITIVE TEAM MEMBER, AND PARENT OF A TEAM MEMBER AT SHENANDOAH TUMBLERS, INC. (STG)

OUR PHILOSOPHY IS PROGRESSIVE GYMNASTICS TRAINING WHILE HAVING FUN IN A SAFE ENVIRONMENT. THIS PHILOSOPHY HAS BEEN OUR GOAL SINCE OUR CLUB INCEPTION AND HELPS TO PROMOTE SAFETY AND A STRONG FUNDAMENTAL KNOWLEDGE OF THE BASIC SKILLS NEEDED TO ADVANCE THROUGH THE VARIOUS LEVELS OF COMPETITION.

SHENANDOAH TUMBLERS, INC. RESERVES THE RIGHT TO CHANGE THIS HANDBOOK, AT ANY TIME WITHOUT NOTICE, WHEN DEEMED NECESSARY. PLEASE REFER TO THIS HANDBOOK FOR EXPLANATIONS AND ASK QUESTIONS THAT ARE NOT FOUND IN THIS DOCUMENT.

RESPECTFULLY,

CHRISTINE M. KENSINGER

OWNER, PRESIDENT

CMK@SHENANDOAHTUMBLERS.COM



WHEN DO THE TEAMS PRACTICE?

A SCHEDULE OF TEAM WORKOUTS WILL BE DISTRIBUTED TO PARENTS PRIOR TO THE BEGINNING OF EACH COMPETITIVE SEASON. SCHEDULES ARE SUBJECT TO CHANGE DURING THE SUMMER MONTHS.

ATTENDANCE

GYMNASTS ARE REQUIRED TO ATTEND ALL SCHEDULED PRACTICES AND FUNCTIONS. A GYMNAST'S DEDICATION IS VERY IMPORTANT TO THEIR PROGRESSIVE TRAINING OF THE SKILLS NEEDED TO COMPETE AND COHESIVENESS OF THE TEAM SPIRIT; 100% ATTENDANCE TRANSLATES INTO TEAM COMMITMENT AND INDIVIDUAL SUCCESS. PLEASE NOTE, THIS IS A YEAR-LONG COMMITMENT, TO INCLUDE TRAINING DURING THE SUMMER MONTHS.

WHAT WILL IT COST TO BE ON TEAM AND WHAT SHOULD I HAVE ON A DAILY BASIS?

- MONTHLY TUITION EXPENSES ARE THE DAY TO DAY TRAINING IN THE GYM WITH OUR COACHES, AND A YEARLY REGISTRATION FEE WILL ALSO BE PAID TO SHENANDOAH TUMBLERS, INC., TYPICALLY IN JUNE.
- COMPETITIONS REQUIRE AN ENTRY FEE PAYABLE TO **BOOST** FOR THE SET AMOUNT BY THE HOST CLUB. GYMNASTS ARE EXPECTED TO ATTEND **ALL** COMPETITIONS THAT ARE SCHEDULED BY THE COACHING STAFF.
- COMPETITIVE UNIFORMS AND OTHER APPAREL ARE ALSO AT THE EXPENSE OF THE PARENTS. EACH COMPETING TEAM MEMBER IS REQUIRED TO HAVE THE FULL UNIFORM THAT IS SELECTED BY THE CLUB. (COMPETITIVE LEOTARD AND WARM-UP, GRIPS (WHEN NECESSARY), TAPE, OPTIONAL MUSIC, CHOREOGRAPHY (WHEN NECESSARY). XCEL BRONZE AND SILVER WILL JOINTLY USE MUSIC. XCEL GOLD AND ABOVE WILL HAVE OPTIONAL MUSIC CHOICE.
- YOUR PERSONAL TRAVEL EXPENSES TO MEETS WILL BE THE RESPONSIBILITY OF THE PARENTS (HOTEL, GAS, MEALS, ETC).
- TEAM AWARD FEES, IF APPLICABLE (TO BE INCLUDED IN THE MEET FEE)
- USAG FEE
- COACHES FEES (TO INCLUDE ALL TRAVEL EXPENSES FOR MEETS, CLINICS, TRAINING, CERTIFICATIONS, ETC.)
 - **ALL TEAM MEMBERS, REGARDLESS OF THE NUMBER OF COMPETITIONS YOU ATTEND, ARE RESPONSIBLE FOR THIS FEE. IF YOU DO NOT COMPETE DURING THE SEASON BUT FULFILL A COMPETITIVE SPOT ON TEAM, YOU WILL BE OBLIGATED TO PAY THIS FEE UNLESS OTHERWISE ARRANGED WITH COACHING STAFF.**
- ALL FEES OUTSIDE THE MONTHLY TUITION, EXAMPLES: PARTIES, TEAM GIFTS, AWARDS, PICINICS, ETC.
- THE ABOVE MENTIONED FEES WILL ACCOMPANY A DEADLINE AS SET FORTH BY SHENANDOAH TUMBLERS, INC. THESE FEES ARE THEN PAID FOR BY **BOOST**. PAYMENT PLANS AND/OR INSTALLMENT PLANS MAY BE SET FORTH BY **BOOST**. IF SUCH FEES ARE NOT PAID BY THE DEADLINES THEN YOUR CHILD WILL FORFEIT AND NOT BE ELIGIBLE TO COMPETE.
- HAIR SECURED
- PROPER WORKOUT ATTIRE (LEOTARD AND SHORTS) NO SPORTS BRAS AND SHIRTS
- GRIPS (IF APPLICABLE)
- TAPE, PRE-WRAP, ANKLE/WRIST SUPPORTS, ETC...
- WATER, SPORTS DRINKS, LIGHT SNACK. NO SODAS, DINNER OR FAST FOOD



BILLING INFORMATION?

ALL COMPETITION FEES WILL BE PAID DIRECTLY TO **BOOST** BASED ON THE PUBLISHED COMPETITION SCHEDULE. ALL GYM (STG), AND COMPETITION ACCOUNTS **MUST** BE CURRENT PRIOR TO THE SUBMISSION OF COMPETITION ENTRIES, OR YOU WILL NOT BE ELIGIBLE FOR THAT MEET. YOU ARE REQUIRED TO ATTEND ALL SCHEDULED COMPETITIONS. **BOOST** WILL DESIGNATE THE BILLING SCHEDULE FOR **BOOST** RELATED ACTIVITIES AND EVENTS. (MEETS, COMPETITIVE LEOTARDS, WARM-UP'S, COACHES FEES, ETC.).

MONTHLY TUITION IS DUE BY THE 1ST OF EACH MONTH AND CONSIDERED LATE AFTER THE 7TH. DELINQUENT ACCOUNTS WILL FORFEIT A GYMNASTS ABILITY TO COMPETE AT THE NEXT SCHEDULED EVENT. IF YOUR MEET FEE IS PAID AND YOUR TUITION REMAINS UNPAID THEN YOUR CHILD WILL BE WITHDRAWN FROM THE MEET. A REFUND WILL NOT BE APPLICABLE. CONTINUOUS DELINQUENCY WILL BE SUCH CAUSE FOR SUSPENSION OF THE GYMNAST FROM PRACTICING WITH THE TEAM, AS WELL AS ANY SCHEDULED COMPETITIVE EVENTS. **NO** REFUND WILL BE GIVEN.

A GYMNAST ON SUSPENSION WILL CONTINUE THEIR TUITION PAYMENTS WHILE ABSENT FROM THE GYM. ONCE ALL FEES ARE IN GOOD STANDING, THE GYMNAST MAY BEGIN ATTENDING PRACTICE AND EVENTS AGAIN. PAYMENTS AND LATE FEE APPLICATION WILL APPLY AS PER GYM POLICY.

WHAT COMMITMENT DO WE HAVE TO MAKE?

GYMNASTS ARE EXPECTED TO ATTEND ALL SCHEDULED WORKOUTS AND COMPETITIONS TO TRAIN TO THE SKILLS NEEDED TO EXCEL AT THEIR RESPECTIVE LEVEL. ATTENDANCE IS VERY IMPORTANT AND WILL REFLECT WHEN IT COMES TIME TO COMPETE. GYMNASTS WILL LEARN THE VIRTUES OF COMPETITION, TEAMWORK, WINNING AND LOSING. THIS IS CERTAINLY A SPORT OF DEDICATION.

PARENTS OF TEAM MEMBERS ARE REQUIRED TO VOLUNTEER FOR ALL HOME MEETS. YOU WILL BE ASKED TO ASSIST ON THE FLOOR DURING THE COMPETITION, OR IN THE LOBBY AREA FOR **BOOST** RELATED ACTIVITIES. YOU WILL BE ASKED TO VOLUNTEER FOR AT LEAST ONE SESSION PER MEET WEEKEND, AND IN SOME CASES MORE THAN ONE.

HOW DO I ADVANCE THROUGH THE LEVELS?

ADVANCEMENTS ARE BASED ON SKILL PROFICIENCY AND MANDATORY SCORES AS SET FORTH BY USA GYMNASTICS AND EXPECTATIONS OF THE COACHING STAFF. OUR IN-HOUSE SKILL EVALUATORS WILL DETERMINE THE READINESS OF EACH GYMNAST ON AN INDIVIDUAL BASIS. LEVEL ADVANCEMENTS ARE DETERMINED BY MANY FACTORS INCLUDING: REQUIRED SCORES, CONSISTENCY, SKILLS, ATTENDANCE, MATURITY AND READINESS. AT ANY TIME DURING THE SEASON, SHENANDOAH TUMBLERS, INC. RESERVES THE RIGHT TO PLACE A GYMNAST WHERE IT WILL BE MOST BENEFICIAL FOR THE GYMNAST. PLACEMENTS MAY BE A MOVE UP OR DOWN IN LEVELS, OR TO OUR RECREATIONAL PROGRAM, BUT WILL ALWAYS BE IN THE BEST INTEREST OF THE GYMNAST. NEW PLACEMENTS ARE NOT 100% SECURE FOR THE FOLLOWING SEASON, OR DURING THE YEAR AND WILL BE DETERMINED BY THE COACHING STAFF.

WHEN ARE COMPETITIONS, DO I HAVE TO ATTEND ALL OF THEM?

EACH FALL, A COMPETITION SCHEDULE WILL BE CREATED BY YOUR COACH. THIS WILL BE A TENTATIVE SCHEDULE THAT PREPARES GYMNASTS, AND PARENT'S IN ADVANCE FOR COMPETITION DATES AND ASSOCIATED COSTS. ALL TEAM MEMBERS ARE TO ATTEND 100% OF WORKOUTS TO PROGRESSIVELY TRAIN FOR THE SKILLS NEEDED TO



COMPETE. THEREFORE, THE COACHES WILL REQUIRE 100% ATTENDANCE THE WEEK OF A COMPETITION IN ORDER FOR THE GYMNAST TO BE PREPARED FOR COMPETITION. AT TIMES, EXCEPTIONS TO THIS RULE MAY APPLY AS DEFINED BELOW:

SCHOOL – AT TIMES, EXAMS, PROJECTS, OR FUNCTIONS MAY BE DUE THE WEEK OF A COMPETITION. WE ENCOURAGE THAT SCHOOLWORK OR OTHER SCHOOL OBLIGATIONS TAKE PRIORITY. IF A GYMNAST MISSES WORKOUTS DUE TO THESE CIRCUMSTANCES, THE COACH WILL DETERMINE THEIR READINESS TO COMPETE.

ILLNESS – IF A GYMNAST IS SICK DURING THE WEEK OF A MEET WE ASK THAT SHE STAY HOME TO RECOVER. FAMILY EMERGENCIES WILL ALSO FALL UNDER THIS CATEGORY. AGAIN, EACH COACH WILL DETERMINE THE READINESS TO COMPETE UNDER THESE CIRCUMSTANCES.

CAN I PARTICIPATE IN OTHER SPORTS?

IF A GYMNAST CHOOSES TO PARTICIPATE IN ANOTHER SPORT AND IT INTERFERES WITH THEIR WORKOUT TIME; PARENTS AND GYMNASTS MUST UNDERSTAND THAT PROGRESSION HAS THE ABILITY TO BE HINDERED. IT WILL BE IMPORTANT FOR THEM TO WORK HARD AND THEY MAY HAVE TO PLAY CATCH UP FOR MISSED TRAINING. SPECIAL CONCESSIONS WILL NOT BE MADE FOR GIRLS MISSING PRACTICE FOR OTHER SPORTS. TUITION **WILL NOT** BE PRO-RATED FOR TIME MISSED OUT OF THE GYM FOR OTHER SPORTS.

WHEN SHOULD I BE DROPPED OFF AND PICKED-UP?

IT IS IMPORTANT FOR EACH GYMNAST TO BE PICKED-UP AND DROPPED OFF FOR PRACTICE IN A TIMELY MANNER. GYMNASTS SHOULD BE DROPPED OFF NO MORE THAN **15 MINUTES** PRIOR TO THEIR WORKOUT AND MUST REMAIN IN THE WAITING AREA UNTIL PRACTICE BEGINS. AT THE CONCLUSION OF PRACTICE, PICK-UP NEEDS TO BE ON TIME. THE STAFF HAS FAMILY AND OTHER OBLIGATIONS AS WELL, PLEASE RESPECT THEIR TIME. IF PARENTS ARE MORE THAN **10 MINUTES** LATE, YOUR ACCOUNT WILL BE BILLED A \$10.00 FEE FOR THAT COACHES TIME (**NO EXCEPTIONS**). GYMNASTS MAY BE DROPPED OFF AT THE SIDE DOOR WHEN WEATHER PERMITS (**NO RAIN, SNOW OR HEAVY WINDS**) AND EXIT THE SIDE DOOR. DURING THE FALL/WINTER MONTHS ALL GYMNASTS **MUST** ENTER THROUGH THE FRONT OF THE BUILDING (BODY RENEW). PARENTS **MUST** ENTER THROUGH THE FRONT OF THE BUILDING AT ALL TIMES.

CAN MY PARENTS WATCH ME WORKOUT?

PARENTS ARE WELCOME TO VIEW THE WORKOUTS FROM THE OBSERVATION AREA. SHENANDOAH TUMBLERS, INC. RESERVES THE RIGHT TO REVOKE THIS PRIVILEGE IF SIDELINE COACHING OR OTHER EVENTS OCCUR WHICH WARRANT A CHANGE IN THIS POLICY. PARENTS ARE NOT PERMITTED INSIDE THE WORKOUT AREA; THIS INCLUDES, BEGINNING, DURING AND END OF PRACTICES. PLEASE DO NOT ENCOURAGE GYMNAST TO WANDER TO THE OBSERVATION AREA FOR DRINKS, CONVERSATION, COACHING, ETC. SHOULD YOU NEED TO MEET WITH A COACH, PLEASE ARRANGE FOR A MEETING WITH YOUR COACH BY SETTING UP AN APPOINTMENT WITH THE OFFICE ADMINISTRATOR. PLEASE **DO NOT** WALK ONTO THE FLOOR AND DISRUPT THE WORKOUT.

PRIVATE LESSONS

FROM TIME TO TIME THE GYMNAST MAY REQUEST AN INDIVIDUAL PRIVATE LESSON. THIS IS OVER AND BEYOND THE MONTHLY TUITION THAT IS PAID TO SHENANDOAH TUMBLERS, INC. FEES FOR PRIVATE LESSONS ARE PAID DIRECTLY



TO THE TEACHING COACH. ALL SHENANDOAH TUMBLERS, INC. ACCOUNTS MUST BE CURRENT BEFORE PRIVATE LESSONS CAN BE SCHEDULED. PRIVATE LESSONS ARE PROHIBITED DURING YOUR SCHEDULED WORKOUT TIME.

PROBLEM SOLVING?

IF THERE IS A QUESTION OF CONCERN ABOUT TEAM ACTIVITIES PLEASE CONSULT WITH THE PROPER SHENANDOAH TUMBLERS, INC. COACHING STAFF. WE CANNOT SOLVE PROBLEMS OR ANSWER QUESTIONS IF THEY ARE NOT BROUGHT TO OUR ATTENTION. CREATING A **NEGATIVE** ENVIRONMENT WILL JEOPARDIZE BOTH THE GYMNASTS, AND PARENTS OPPORTUNITY TO BE A MEMBER AT OUR CLUB. ANY CONCERNS YOU MAY HAVE, PLEASE ARRANGE FOR A MEETING WITH YOUR COACH BY SETTING UP AN APPOINTMENT WITH THE OFFICE ADMINISTRATOR. IN ADDITION, THE **BOOST** BOARD OF DIRECTORS SHOULD AT NO TIME ENTERTAIN QUESTIONS THAT REGARD TO THE OPERATIONS OF SHENANDOAH TUMBLERS, INC. **BOOST** AND SHENANDOAH TUMBLERS, INC. ARE SEPARATE ENTITIES.

UNSPORTSMANLIKE CONDUCT

IN GENERAL, IF A GYMNAST OR PARENT DISPLAYS A NEGATIVE ATTITUDE DURING A COMPETITION, PRACTICE OR STG EVENT, TO ANOTHER INDIVIDUAL, COACH OR PARENT, THAT GYMNAST OR PARENT WILL BE REMOVED FROM THE CURRENT EVENT OR FROM THE GYM AND WILL BE SUSPENDED FROM PRACTICE AND FUTURE ACTIVITIES UNTIL A MEETING WITH THE COACHING STAFF HAS TAKEN PLACE. **POOR SPORTSMANSHIP AT ANY LEVEL WILL NOT BE TOLERATED.** THIS INCLUDES THE GYMNASTS AND THE PARENTS. **FOUL LANGUAGE WILL ALSO NOT BE TOLERATED.** BE MINDFUL THAT YOU ARE IN THE ENVIRONMENT OF CHILDREN.

WHAT IF MY SCHOOL GRADES DROP?

SCHOOL COMES BEFORE GYMNASTICS. THE COACHING STAFF SUPPORTS THAT IF ANYTIME DURING THE SCHOOL YEAR A GYMNAST IS OVERWHELMED BY SCHOOL WORK OR FAILING GRADES, THAT THEY SPEND TIME OUT OF THE GYM TO CATCH UP IN THIS AREA. AGAIN, SCHOOL IS OF PRIORITY.

WHEN DO WE HAVE TEAM GROUP MEETINGS?

AT THE DISCRETION OF EACH COACH, TEAM PARENT MEETINGS MAY BE REQUESTED. IT IS VERY IMPORTANT THAT A REPRESENTATIVE FOR EACH GYMNAST ATTEND. IT IS REQUESTED THAT EACH TEAM GROUP DESIGNATE A TEAM PARENT REPRESENTATIVE. SHOULD YOU NEED TO MEET WITH A COACH, PLEASE ARRANGE FOR A MEETING WITH YOUR COACH BY SETTING UP AN APPOINTMENT WITH THE OFFICE ADMINISTRATOR. **AT NO** TIME ARE PARENTS TO FREELY WALK INTO THE GYM BEFORE, DURING OR AFTER PRACTICE.

WHAT CONSTITUTES SUSPENSION FROM THE TEAM PROGRAM?

A TEAM MEMBER OR PARENT MAY BE SUSPENDED FOR THE FOLLOWING REASONS:

- DELINQUENT GYM ACCOUNTS
- UNSPORTSMANLIKE CONDUCT
- FAILING SCHOOL GRADES OF GYMNAST
- LACK OF ATTENDANCE

CONTINUAL SUSPENDED STATUS WILL RESULT IN DISMISSAL FROM THE COMPETITIVE TEAM PROGRAM OR THE GYM.

