



Parent and Athlete Handbook

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2940 Prospect Ave
Helena, MT
(406) 442-1840

Competitive Team Program Overview

Welcome and congratulations on being individually selected for our Competition Team program! Our Team program is intended for unique 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 members a complete understanding of our expectations and guidelines as to how our Team program operates. At Gym406, we strive to create a safe and supportive atmosphere for all our families through guidance, honesty, and communication. Our Xcel and Developmental Programs operate under the rules and regulations of USA Gymnastics. 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 Gym406 to provide an encouraging environment where each gymnast can thrive in a safe and challenging atmosphere.

Team 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. 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 his or her family. The athletes' family must also be committed team members and must be financially equipped to pursue this program.

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 will expect respect and a strong work ethic from every athlete. In return, athletes will be treated with respect and be provided 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. We, as coaches, measure our success by what each child takes with them when they leave the sport.

We strive to create a family-oriented environment. Parents can support coaching decisions by clarifying concerns with a coach in an open and caring way. Know that our doors are always open, should you ever feel the need to carry a concern to our coaches.

Women's Program Description

Xcel Program

Xcel was created by USAG as a broad-based, alternative track to the traditional Developmental Program. It is designed to attract and retain a diverse group of athletes while continuing to help them develop and improve their skills. This program allows for more flexibility for the gymnast and family, with less hours training and a lower financial commitment. Coaches and the Program Directors of each program will help families navigate which track will best serve their athlete.

Xcel Bronze, Silver and Gold athletes have the opportunity to compete at the State Championships. Xcel Platinum and Diamond athletes have the opportunity to advance from State Championships to Regional Championships, if they receive the qualifying score.

Compulsory Team Program

Gym406 competes in Levels 3-5 in the Developmental Compulsory Program. These levels serve as the foundation for all progressions within the sport. For this reason, proficiency at the current level is required before moving onto the next level. At meets, these athletes perform the same routine within each designated level to a prescribed criterion. Level 3 is a Developmental level that focuses on entry-level gymnastic skills, conditioning, and technique. These Developmental levels require a moderate level of commitment and practice time. 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 previous levels. Expectations at these levels become higher, while challenges become greater. In levels 4 and 5 an increase in commitment and practice time must occur in order to prepare athletes for Optional level gymnastics.

Optional Team Program

Our Optional Team consists of Levels 6-10 where upper-level gymnastics is performed. Longer and more frequent training is required due to more difficult elements being performed, along with further strength and flexibility necessary to complete these elements successfully. Optional level gymnasts obtain choreographed routines designed to suit her individual strengths while still including the required skill elements at each level. Level 6, 7 and 8 are Optional levels in which your gymnastics career really begins to evolve. Getting through the Compulsory levels to reach this point is difficult. Level 6 athletes have the opportunity to exhibition at Regional Championships. Gym406 will send Level 6 athletes to Regionals on a year by year basis, depending on where Regional Championships are held. Level 7-8 athletes have the opportunity to advance from State Championships to Regional Championships, if they received the required qualifying score. Level 9 and 10 are the highest levels of the Developmental Program. These athletes have the opportunity to qualify and advance from State Championships to Regional Championships. Based on placements at Regionals, they also have the opportunity to advance to National Championships. Qualifying to Nationals is a high honor in the sport of gymnastics as it offers exposure to college scouts. It is at these levels that the girls start thinking towards their future careers and college scholarships. To be a Level 9 and 10 gymnast is an honor in itself, as these athletes must train exceptionally hard to achieve this level.

Men's Program Description

Similar to the Women's Program, the Men's Program is made up of Xcel, Compulsory and Optional levels. The Men's Program competes Xcel Gold, and levels 3-10, with Levels 3-6 serving as foundational-level gymnastics, building a strong foundation for the optional levels 8-10. Level 7 is considered a "transitional level" between compulsories and optionals. Athlete training time and commitment will vary by level in the Men's Program and will increase with higher levels.

Athletes at all levels within the Competitive Boy's Program have the opportunity to qualify to State Championships. Level 5-10 athletes may qualify to Regional Championships with a qualifying score at State Championships, and Level 9 and 10 athletes may go on to qualify to National Championships, depending on their placement at Regionals.

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. While we do support other activities, especially in the Xcel Program and lower levels, there is a point where athletes must commit to full-time training in order to maintain their skills and safety. There are times where personal sacrifices and compromises will need to be made. This is not saying that gymnastics should consume your life. Gym406 realizes that family, academics, and religion must all be priorities.

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. All we ask is that you communicate any conflicts you may have in advance as possible. There are no makeups for any team practices missed.

Competitions

Each season's competition schedule will be posted mid to late September and will include all important information including dates and locations. All team members are expected and encouraged to attend all scheduled competitions. By attending all competitions, it ensures that you will obtain the most meet experience and best overall Team experience offered by being a member of a Competitive Team. Furthermore, it gives you the opportunity to track your individual progress, individually earn qualifying scores to State Championships, and give your Team the best chance in placing in the Team competition. However, if you have a prior

obligation and cannot attend a scheduled competition, it is your responsibility to inform the gym by email of the meet you cannot attend along with the reason why you are unable to attend. Meet fees will not be refunded unless the athlete has a season-ending injury.

Yearly Breakdown .

- August: Commit to Gym406 Gymnastics Competition Team for the next Competition Season
- June–October: Off season training to acquire the strength and skills required at your respective level. Each gymnast's competitive level will be being evaluated and determined during this time.
- October–November: Final preparations for the competitive season.
- December–March: Regular Competitive Season
- April- May: Post Competitive Season for athletes qualifying to Regional and National Championships
- May: Spring training and progressions for advancement into the next season. We expect you to be able to decide during the months of May and June if competitive gymnastics is something you will continue with into the next competitive season.

Financial Obligations

Tuition

Tuition is due on or before the 1st of each month. A \$20 late fee will apply to all tuition payments turned in after the 15th of the month. A credit card or bank information must be on file for all team athletes for auto withdrawal.

Team Uniform

The following items are required for all Team members to be worn to all competitions.

- Leotard: Customized leotard styles are worn for two to four competitive seasons before they are retired. You may purchase a used leotard for a discounted price if one is available in your size.
- Warm Up Jacket - Jackets can be worn until outgrown or worn out. You may purchase a used jacket for a discounted price if one is available in your size.
- Leggings - Leggings can be worn until outgrown or worn out. You may purchase used leggings for a discounted price if they are available in your size.
- Backpack - Backpacks will be required for the Developmental Program at the upper levels (6-10) and optional for the Compulsory and Xcel Program. If available, you may purchase a used backpack for a discounted price.
- Boys Team uniforms are selected and replaced based on coaching preference.

Competition Fees

Competition fees are calculated for each meet based on approximate coaching fees, travel expenses, and athlete registration fees. Competition fees are charged as an annual lump sum fee that is paid prior to competition season. Because you pay this fee in advance and the overall cost is divided among the number of athletes, this fee cannot be reimbursed to you if you withdraw your athlete from a competition.

- Coaching Fee: This fee covers your coaches' expenses for all scheduled competitions throughout the season, including coach wages, transportation and mileage, food and lodging, and team fees.
- Competition Entry Fees: Entry fees vary by level and meet. Each meet will have its own entry deadline. No late entries will be accepted for any reason. Entry fees may be reimbursed as a credit to your account, if the notification of meet withdrawal is received prior to the entry deadline.
- USAG Membership Fee: All competitive gymnasts must obtain an annual USA Gymnastics Membership in order to participate in USAG sanctioned competitions. Families are responsible to create an athlete profile and register their child no later than September 1st. Registration information can be found at www.usagym.org.

Travel Accommodations

Travel accommodations to and from competitions are made by each individual family. Host gyms may set up a "host hotel" where families attending the meet can obtain a discounted room rate. Please note that it is not required for you to stay at the host hotel; however, host hotels are typically the closest hotel to the meet venue. Host hotel information will be listed on the meet flier and posted to GroupMe.

Choreography (Optional & Xcel Platinum Levels)

Floor routines are created by our team choreographer, Sharon Mozer. Gymnasts typically keep their routines for two competitive seasons. Routine fees are to be paid directly to your choreographer. Further information will be given to those who qualify.

Athlete Expectations

The Gym406 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.

Our #1 priority is to create a supportive and positive environment for athletes to learn and grow, not only physically, but mentally and emotionally as well. Bullying of any kind will not be tolerated, and will result in athlete suspension, and if necessary, expulsion from the program. Participating on Team is a privilege, not a right, and we are more concerned with "who you are" than "what you can do."

- All gymnasts should arrive to 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.
- Good attendance is essential to the success of the athlete. You should arrive on time and stay until you are dismissed. Attend all scheduled practices, competitions and team events.
- 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.
- Understand that the sport of gymnastics was built on the idea of being perfect. Judges are in place to break down everything the gymnast is doing wrong. They take away points and never add them back. Essentially it is the coaches' job to do the same. Although coaches mix in encouragement and fun, the gymnast must learn to take criticism from the coaches and apply it.
- Trust the process! Gymnastics isn't easy, but adopting a negative attitude is. 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. It requires hours upon hours in the gym in order to maintain, progress, and reach success. Be patient with yourself.

Parent Expectations

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. As long as there is hard work and dedication, improvement is guaranteed to follow.

- At Gym406, school always comes first! We understand that each athlete is a student first. There will be times that the athlete must miss practice due to a large school workload or school event. Athletes are encouraged to do homework prior to starting practice, if their grades are suffering. Please communicate with your athlete's coach if you need to modify practice times due to academic challenges.
- 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. If you are going to be late picking up your child, please call us so that we are aware and can notify your child.

- Physically, make sure your child is well nourished, hydrated, and well rested for each practice and competition. Encourage good diet and sleeping habits. Nutritious meals both before and after workouts are essential to your athletes training. Please note that gymnasts should drink only water during practices.
- Gymnasts are discouraged from engaging in excessive strenuous and tiring activities before competitions such as swimming and sleepovers the night prior to a meet. Traveling with friends is one of the awesome benefits of competitive gymnastics, but we ask parents to monitor activities to a reasonable level, so it does not interfere with your athlete's performance. **We travel to compete, not to play!**
- Do not coach your child. Parents who make technical corrections create a conflict between the gymnast and coach. 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 in the best interest for your gymnast for you to sit through every lengthy practice. It adds unnecessary pressure to your athlete and can be detrimental to her progress.
- 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 attendant so he or she can relay the message.
- We are honored that you have chosen Gym406 as the gymnastics club to train 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

No one is 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.

Communication

Gym406 uses the GroupMe app as our main source of communication with our Team parents. All athletes must have one parent or guardian on the app to receive communication. We ask you to also communicate with any information relating to your athlete by direct messaging his/her coach privately. The group forum will be used primarily as a "one way street" for coaches to deliver information to the parents, as we do not want the stream bogged down with individual queries. (i.e. missing practice, vacation dates, injury, illness, questions, concerns, etc.). Parents are responsible to check the app frequently for updated 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.

Lockers

Team members will receive an assigned locker. Do not take or move things from a locker other than your own. 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. Food left in lockers encourages mice and rodents we do not want in our gym! 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.

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 your athlete has a fever, pink eye, lice, etc. you are not permitted to enter the facility for any reason. These illnesses 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.

Injuries and Severe Illnesses

If an athlete is unable to continue training because of an injury or any medical reason a detailed medical note will be required upon injury. A medical release from your doctor is also required prior to returning to practice. Copies of these notes are to be turned into the front desk. If your gymnast is injured, do not assume that she cannot practice. In many cases, gymnasts can continue practicing doing modified workouts including stretching, conditioning, flexibility and whatever else is possible while recovering. With that being said we reserve the right to review each gymnast's injury in order to determine what is in the best interest of the child's recovery.

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. Keep moist with chapstick, bag balm or rip fix. When you get a blood rip or blister, it needs to be covered during practice. Although speculated, 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. They are NOT required for any level but, however, may be purchased upon entering Level 4 or Xcel Gold. Level 3 and Xcel Silver athletes are not permitted to wear dowel grips. Recommendations for appropriate brands and sizing can be given by your coach or Program Director. Getting grips varies from gymnast to gymnast. This decision is to be made with you and your coach. Those who wear grips should break in a new pair prior to the competitive season as they will stretch out over time. Your grips and maintenance of your grips is your responsibility, not your coaches or teammates.

Media Release

Gym406 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.

Discount Policy

As a Team member in good standing, you will receive a 10% sibling discount on all recreational classes. If multiple children are on Team, the child with the lesser tuition rate will receive 25% off her tuition each month. There are no discounts for registration fees, competition fees or team uniforms.

Make-up Policy

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.

Refund Policy

All Team expenses already paid to Gym406 are non-refundable for any reason.

Gym Closings

You can expect a number of gym closings due to competitions, holidays, and scheduled breaks. These closings have been factored into the annual calculation of your team tuition and will not be rescheduled. Closings due to competitions will be decided on after the meet schedule has been received.

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. 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 Gym406 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 you feel that there is a problem involving your athlete and the gym and you no longer feel that Gym406 is a good fit for you and your team experience we request that you be honest with us. We would hope and expect that you'd set up a meeting with us to discuss the issue with us privately 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. With that being said and after you've met with the

coaches, should you still feel the need to leave the gym, we request an explanation and agenda. 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 the gymnasts' teammates. Also understand that gymnastics coaches make up a very small community and we all work together for the same cause. 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 Gym406, you will not be permitted to return. Leaving the Team for any reason will result in the forfeit of any fees already paid to Gym406.

Meet Guidelines

- Schedules: Our meet schedule will be available to our Team members late August/early September and will include meet dates and locations. Competition season runs approximately December thru 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 3 hours. Session assignments will be available approximately two weeks prior to the actual meet date. Once we receive the meet schedule, it will be posted to GroupMe.
- Spectator Admission: Prepare to pay admission at each competition (cash only). Admission fees typically range from \$5-\$15 per person.
- How to Dress: Gymnasts are expected to arrive in their leotards and warm-ups. Please make sure to wear appropriate outerwear and shoes into the venue as weather permits. Hair is to be done neatly and secured tightly so that it won't fall or need fixing during the competition. Use hair pins, bobby pins, snap clips, hairspray and/or gel to keep hair in place. Silver glitter hair spray is permitted as a finishing touch. Gymnasts are not allowed to wear any jewelry on their hands or feet per USAG policy. "Stage Make-up" is not permitted. Undergarments, if worn, must match your leotard or skin tone and must be completely hidden under your leotard at all times.
- What to keep in your Bag: Your backpack 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: flip flops, slides or other quick footwear (these will be used if your gymnast needs to quickly run to the restroom during a meet to avoid going barefoot through the venue), a water bottle, grips, equipment needed to take care of rips (nail clippers, band aids, tape), tape and pre wrap, band aids, tissues, hand sanitizer, spare leotard (preferable practice leotard), feminine hygiene products (ages 11 and up should always be prepared), safety strap for glasses/contact case and solution, inhalers, and a healthy snack. It is recommended that optional levels carry a spare pair of grips and a copy of her floor music.
- 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. Negative attitudes, hysterical behavior, arrogance, and connotative gestures or comments are unacceptable and do not

represent Gym406 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.

- Entering the Meet: Gymnasts arrive with a parent/guardian or teammate at the “check in” time. Gymnasts must check in while spectators will go to the admission line. After check in, or if there is not a check in, you are to find your teammates and sit together quietly near the competition area. Your coach will pick you up and escort you into the competition area at the designated “stretch time”. Gymnast check in time is solely for the gymnasts and families to get situated in the meet venue. Your coach is not required, nor compensated, to be present at this time. Gymnasts are not permitted to interact with parents, siblings, or spectators throughout 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. During the awards 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 meet 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 meet official before, during, or after a meet for any reason. Questions or concerns can be answered by your coach.
- NO FLASH PHOTOGRAPHY is permitted at USAG sanctioned competitions. This is for the safety of all gymnasts and coaches. Turn off flashes/spotlights on all recording devices before the meet begins.
- 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 reflects you, your child, and Gym406. Behavior that is negative, aggressive, arrogant, etc. is unacceptable and may jeopardize your gymnast’s current and future membership with Gym406. 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.
- Gymnasts will not be permitted to leave until after all team awards have finished. Families can show team unity by wearing Gym406 clothing and/or team colors to all competitions and events. Spirit wear can be purchased and ordered through the Gym460 Pro Shop 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 or states. You are expected to be encouraging toward all other gymnasts and teams.

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 Developmental 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.

At the end of each competitive season, coaches (along with the Program Director) will restructure the practice groups based on age and skill set. This will transition into summer training groups. The focus of summer training should be on individual growth and development of new skills- not which level your athlete will be competing in the fall. Level assignments and competition season practice groups will be determined by late August. You are never forced to move up should you feel that you are not ready 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.

Entrance into the Developmental Program will be determined at the end of each competitive season. Optional level athletes are individually selected by the Developmental Program Director and coaching staff. To be accepted into this program, athletes must meet not only the age requirements set by Gym406, but must also show a commitment to this sport and our program. Athletes in the Optional Program will ultimately train more hours per week than Xcel Platinum Athletes and require more dedication. The Optional Developmental Program will also have a higher financial commitment, as athletes will travel to out of state camps and meets more frequently. Athletes are permitted to move from the Compulsory and Optional Program into the Xcel Program, depending on family preference.

“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

Student & Parent Handbook Receipt

This form constitutes acknowledgment and understanding of the Handbook and its contents and of your agreement to abide by Gym406 policies and rules. Your initials and signature below acknowledge that you reviewed the Handbook and have been given an opportunity to request clarification.

I have received a copy of the Gym406 Parent and Athlete Handbook. I understand it is my responsibility to read and understand its contents and meaning.

Print Student Name _____

Print Parent Name _____

Parent Signature _____

Date Received _____