



GYMNASTICS

TEAM Information

Congratulations!

Your child is now a member of the Gym406 TEAM, one of the top gymnastics teams in the Northwest!

Please read this handbook and keep it for later use.

If you are a new competitive team gymnast, returning team gymnast (or investigating our Club with the possibility of your child joining our team), then this booklet will provide you with some basic information on how the Gym406 Team Program works. Gym406 provides quality national caliber coaching and facilities to help your son/daughter reach his/her potential. If your child is selected, it indicates that the coaches believe in your child's attitude, ability, and potential and wish to help them grow in the sport of gymnastics.

As a parent of a Gym406 gymnast, you will find yourself increasingly involved, helping create a supportive atmosphere for all the gymnasts, coaches and parents at Gym406. You will take pride in your gymnast's achievements and be amazed at their dedication and perseverance. You will watch their self-discipline and self-confidence grow over the years. You will see the bonds of TEAM spirit and friendships grow and will learn that the mutual support of the coaches, the gymnasts and the parents is vital to their success, as well as the TEAM. You will realize that your gymnast's blend of skills learned, discipline gained and personal relationships found will last them a lifetime. But, most of all, you will become fascinated with the character building, beautiful, competitive, time consuming, sometimes frustrating but always absorbing sport called GYMNASTICS!

Please read the manual in its entirety and have you and your gymnast sign acknowledging that you understand our rules and expectations. We look forward to watching your child fulfill their dreams!

Gym406 is owned and directed by Meadowlark Sports, Inc.

- Gym406 Gymnastics conducts classes for beginning to advanced level gymnasts.
- Competitive gymnasts are selected by invitation only from the classes for the Gym406 TEAM, which competes with other independent clubs across the state, region and nation.

Mount Helena Gymnastics Boosters (MHGB) is a non-profit organization and not affiliated with Gym406

- The primary function of the booster club is to support the individual gymnasts and their competitive endeavors of Gym406.
- All parents of competitive team gymnasts must become members of MHGB, and remain a member in good-standings per the MHGB By-Laws.
- MHGB elects their own officers. Committees conduct the various activities and fundraising projects to help the gymnasts financially with competition expenses.

Gym406 AND TEAM BOOSTER CLUB ROLES AND RELATIONSHIPS

- Both exist to support gymnastics.
- Team successes are dependent upon mutual cooperation.
- Gym406 and MHGB exist as separate business entities for legal and tax purposes.
- Support for competitive endeavors of the competitive team is through the Booster Club.
- The Booster Club does not have a role in the control of Gym406 nor responsibility for:
 - Coaching philosophy or techniques
 - Selection of gymnasts for the team
 - Selection of meets
 - Scheduling of workouts and team activities
 - Tuition and assessment fees
 - Uniform selection

Although the roles are separate, a mutual benefit is realized when Gym406 and Mount Helena Gymnastics Booster Club support each other with labor and facilities.

TEAM 406 PHILOSOPHY

We exist to make a positive impact on the lives of our athletes. Our goal is to develop happy, healthy, confident young athletes. Gym406 is dedicated to providing a positive, consistent atmosphere for all students, parents, and staff members. Our focus is and will always be the best interest of the athletes. Safety is of the utmost importance and will never be compromised.

GUIDELINES AND POLICIES

TUITION TRAINING FEE

- Team is year round. The decision to join our team is a big one and reflects a significant year round family commitment. The gymnastic year for the Gym406 team is from June 1 through May 31.
- The Tuition Training Fee (competition) may be paid yearly, quarterly or monthly. There are no refunds, prorating of fees and no make-ups. Tuition is due regardless of attendance. Team tuition is calculated on a yearly basis and then divided by 12 to arrive at the monthly amount. It is important to make this next point clear: Team members do not move onto and off the team based on illness, injury, vacations, camps, schedule conflicts, or the like: You are either on the team or off the team.
- Payments are due on the 1st of the month, and will be charged a \$25.00 late fee if paid after the 20th. Monthly invoices will be sent on or around the 20th of the previous month. Late charges will not be dropped from your account and are due when paying your next month's tuition fee. All team members are required to have either a credit card or their bank account information on file. Tuition payments will be withdrawn from either of these account on the 5th (credit card) or 10th (ACH bank withdraw).
- Full tuition is due each month. Gym406 works on a 48-week year, which includes four scheduled weeks off. Cancellations will happen. Each year you can expect to have a limited number of practices canceled due to holidays, meets, and rest days after long meets, etc.
- Injured Athletes are expected to participate in practice and gym activities to the extent possible. 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 workouts in any way. In that instance, tuition may be adjusted depending on the circumstances.
- Tuitions Amounts effective September 1, 2019

| | | |
|--------------|----------------|----------|
| Level 3/Boys | 6-9 hours/wk | \$200.00 |
| Level 4/5 | 9-12 hours/wk | \$250.00 |
| Level 6/7 | 12-15 hours/wk | \$300.00 |
| Level 8-10 | 15-21 hours/wk | \$350.00 |
| Xcel | 3-6 hours/wk | \$150.00 |

Training hours may change throughout the training year
Summer prices will not increase with increased practice times

COMPETITION AND OTHER EXPENSES

- A yearly team assessment fee is assigned no later than May 15 of every year. This fee includes most of the team and coaching expenses for the year. (It does not include any fees if your child makes a “State or Regional” All Star team.) This fee is not pro-rated and is non refundable for any reason. Assessments can be paid 12 equal payments with first payment due no later than June 1. Assessments will show as an additional charge on your monthly statement. Assessments that are paid in full by August of the current season, will receive a \$100.00 credit to your assessment total.
- Assessments are only through culminating state meet at each level, and does not include regional or nationals competitions.

| | |
|---|-----------|
| Xcel/Boys | \$800.00 |
| Level 3/4 | \$900.00 |
| Level 6 | \$1800.00 |
| Level 7 | \$1800.00 |
| Level 8 | \$1800.00 |
| Level 9 | \$1800.00 |
| Level 10 | \$1800.00 |
| *Fees are not finalized at this time. Once we have a final meet schedule and team numbers, we will adjust accordingly. | |

- Team uniforms are required. Team uniforms are usually used for 2 seasons. Team uniforms include, but not limited to, Gym406 warm-up suit, Gym406 clinic leotard, Gym406 competition leotard, boys tank, and Gym406 team bag. Team uniforms are usually ordered in August/September and payments are required upfront.
- Miscellaneous dance classes, floor and beam choreography (women’s optional level & Gold/Platinum/Diamond), clinics, and mental training sessions will be offered during the year that may require additional expenses.
- Parents of each gymnast must be prepared to finance their gymnast as they advance through different levels of competition, taking into consideration tuition increases, uniforms and supplies, competition expenses and time requirements for training sessions.
- Each gymnast will be responsible for his/her own travel expenses. Travel expenses are not included in the yearly assessment fees.

WORKOUTS

- Gymnasts must attend all scheduled workouts, especially during the week before a competition to ensure competitive readiness. If workouts are missed prior to a scheduled competition, coaches may choose to “scratch” the gymnast from that meet.
- Each gymnast/parent is obligated to email his/her coach when he/she are going to be late or absent from workout.
- OPTIONAL gymnasts qualifying to State Championships MAY NOT miss practice (except for illness) from State until after their competition season. NO EXCEPTIONS!
- If a gymnast is looking fatigued, his/her coach may decide to give him/her some time off to rest.
- The Gym406 team program is based on a coach/gymnast relationship predicated on excelling in the sport of gymnastics. Communication between gymnast and coach is the key to success.
- Private lessons may be requested but must be scheduled with the Team Director. The rate for private lessons is at the discretion of the coach providing the private lessons, however, it is generally between \$40.00-\$85.00 per hour for one gymnast. Private lessons can be required by the coach to ensure competitive readiness.

**Please make sure that no child is left alone with his/her coach during a private lesson. There must always be a non-related adult in the gym if the private is held during non-gym hours.*

TRAINING RULES

- Good nutrition is very important. Maintain good health. Strength is a vital part of training. It is suggested that you follow nutrition guidelines set by usa-gymnastics.org.
- Each gymnast must understand the risk of injury or even death.
- Gym406 strongly recommends that each gymnast maintain school grades of 3.00 or better.
- Maintain good conduct, discipline and etiquette at all times when representing Gym406.
- Follow all coaching directives concerning training, competition, clinics and travel.
- No alcohol or drug consumption will be tolerated. Any violation to this rule will result in immediate expulsion.
- Gym406 expects our athletes to act in accordance with the law and will reprimand all illegal activity and inappropriate conduct as seen fit.
- Unsportsmanlike conduct at meets will not be tolerated for any reason. Please make this clear to your child, as violation to this rule can result in removal from the competition floor.
- No other sport activities (level 9 and above) may be participated in during the competitive season without prior approval from the Team Director.

- Level 3-8 gymnasts may participate in other sport activities in the offseason.
- Vacations should not to be taken during the competitive season. We expect every gymnast to compete in all scheduled meets, unless posted otherwise.
- A current authorization for medical services is required to compete. This authorization is to admit a gymnast for medical services when a parent is unavailable within a reasonable amount of time.
- All team gymnasts who use grips are required to have two pairs of useable grips at all times.

PARENTAL ROLE

Parents play an important role in the development of a successful gymnast. We welcome your presence at team practice, functions and at every competition. We are a family friendly and family oriented gym. We want your input and support because we want your child to succeed. Please remember to remain positive with your gymnast at all times. The following rules and policies are designed to ensure a fun, safe and successful program for everyone involved.

- Parent must register and pay for their child's USA Gymnastics membership prior to September 1 of any given year.
- Parents are required to stay in the viewing area at all times. Parents should not enter the gymnastics area of the gym for any reason whatsoever. Our insurance does not cover parents in the gymnastics area of the gym. Please remain positive and supportive of your gymnast, coaches and the gym at all times. Negative comments will not be tolerated. If you have questions, comments or concerns please ask.
- Communication is important and we have an open door policy for all gymnasts and parents. Please make an appointment with your child's coaches if you have a problem or concern. We are in business to serve you and your child, your thoughts are important to us. Complaining to other parents will not solve your problem, nor can we if we don't know about it. If you respect us enough to entrust your child with us, please respect us enough to know that we have the best interest of your child at heart.
- Please let your child's coach know if there is a problem with your child such as injury, illness or medication. Please communicate anything that may affect your athlete's ability to work out or compete.
- Parents perform their role at home and outside the gym area. Within the gym the coaches and administrators of the gym play their roles. Please do not coach your child. Your comments may detract from what the coach is doing and could give the gymnast another thing to think about. This interferes with the development of the coach/athlete relationship. Please do not compare your gymnast to other gymnasts on our team or gymnast from other teams. Gymnasts progress at an individual rate. Trust that the coaches have the experience and knowledge to lead your daughter to their potential. We are a team, and we all work together as a team.
- On the physical side it is your job to ensure your gymnast gets enough sleep, gets proper nutrition, gets to and from the gym and competitions on time, and has the proper clothing and equipment.

- The emotional side of our sport is just as important. It is your role to provide unconditional love, support and encouragement especially when your gymnast is having difficulties with gymnastics.
- Please attend all gym and parent meetings. The meetings serve many purposes including giving the coaches a forum of communication and providing you with a way to ask questions and get information.
- Fulfill all obligations of having a gymnast on team from supporting your gymnast to paying tuition on time.
- School is more important than gymnastics. The majority of our gymnasts are excellent students. There are times your child may need to miss all or part of workout due to school related assignments. Please let us know if your child will not be at gym.
- Please plan family vacations around our competitive schedule as much as possible. All gymnasts are required to compete in all regular and postseason meets including State, Regional and National Championships. Spring break is a very busy time for competitive gymnastics and workout at this time is important. Missing practice close to post season meets can be a detriment to a gymnast performance.
- Gym406 requires approval of all camps or clinics your athlete may wish to attend. Gym406 may select a camp and encourage all team members to attend the camp together.
- Gymnasts should not be dropped off at the gym more than 15 minutes prior to workout unless prior arrangements have been made. Please pick up your child on time! Gymnasts are not allowed to wait outside the building.
- Gym406 includes coaches, athletes and parents as part of our TEAM. We encourage all of our parents to attend every competition. Having a strong cheering section is an advantage for our team.
- Always pay the appropriate admission fees when attending meets. Not paying is cheating and stealing. This is not the way we would like our gym represented and it sends the wrong message to your child.
- Cheer loud and often, however do so in a respectful manner. Don't be disruptive to other gymnasts, parents or judges. Cheer for all members of our team as well as any outstanding performances you see at a meet. Become friends with parents around you and cheer for their gymnasts as well. Good sportsmanship is important!
- Promote Gym406 in any way you feel is appropriate. T-Shirts, banners, etc., are awesome. Never speak in a negative way about our gym; its athletes and coaches as well as athletes and coaches of another gym. Please stay positive.
- Please do not contact your child once he/she have been turned over to the coaches at a meet. We want their focus to be on the competition with as few distractions as possible. After the meet your child will come see you!
- Please do not contact coaches once they are on the competition floor with your child and the team. It is disruptive for coaches and team on the field of play.

- Parents are not allowed to approach ANY officials of a meet for any reason whatsoever. Negative comments about meets, equipment, teams, etc., are not acceptable DO NOT CONTACT OTHER GYMS FOR MEET INFORMATION. GYM406 WILL PROVIDE INFORMATION AS SOON AS WE RECEIVE THEM!
- Parents are not allowed to remove a gymnast from the competition floor for any reason. Parents, siblings or friends are not permitted on the floor of a meet at any time. Gymnasts not competing, but watching teammates must watch from the stands unless there are special circumstances.
- Gymnasts that have past due fees such as tuition, gym and/or Booster Club fees may not be allowed to participate in competition.
- Gymnasts must arrive at a meet 15 minutes prior to the scheduled warm-ups unless your coach indicates otherwise. Should you arrive late, your gymnast may not be allowed to participate in the competition.
- It is possible that a gymnast will have to leave our program. This may include the gymnast leaving due to the actions or inactions of his/her parents. We never want to punish a child for the actions of his/her parent(s). We cannot tolerate parents who by their words and/or actions do not support the policies and values of our team program. Gym406 reserves the right to refuse service to anyone at any time for any reasons. Refunds are not given on any tuition or fees paid to Gym406 should you be asked to leave our program.
- If your needs are not being fulfilled by Gym406 please let us know. Our coaches, administrators and owners have an open door policy and we encourage communication. We acknowledge our program is not for everyone. If you decide to “tryout” at another gym, we will honor that decision and just ask that you inform us prior to your departure. Communicate that you are considering a change will allow us to end our relationship in a positive manner.
- Please make sure your tuition and fees are paid in full upon your departure from Gym406 as the information will be requested by the club you will be going to, and we do not want to hinder your participation.

LEVEL MOBILITY

The Team Director and coaches, along with the ownership, at their discretion, can make any level change and/or training group assignment for an individual team member.

All-Around scores, though vital, do not necessitate a guarantee for mobility. The gymnast’s strength, mental toughness, attitude, skill repertoire, and coach recommendation will be taken into consideration. These decisions are difficult at times. By supporting the coaching staff, a reinforced gymnast/parent/coach relationship will form. Your child is a unique individual and will progress at his/her own rate.

Consolation: This applies to women’s team only! After 3 full competitive seasons at one level (3,4 and 5, Bronze and Silver), the gymnast can move up to the next level. The gymnast will not be able to compete until skills are proficient. This will be granted as long as the gymnast shows attitude and work ethics toward continual improvement.

The above information is re-evaluated each year for changes. Please note that it is not common for a gymnast to move up a level every year.

MEET SCHEDULING

Levels 3 through 5 competes locally with other clubs in the state. An occasional travel meet may be scheduled. There are generally 6-7 meets per season. All compulsory level competes from December through March. The State Championships is the culminating meet for each level and are generally held in March.

Levels 6 through 10 competes locally, statewide, regionally and nationally. There are generally 6-7 meets per season. The season for optional levels is January through April. The culminating meet for Level 7/8 is the Regional Championship. The Level 9 culminating meet is Western Nationals, while Level 10 is the Junior Olympic National Championships.

Xcel competes locally and statewide. There are generally 5-6 meets per season. All Xcel level competes from December through March. The State Championships is the culminating meet for Xcel and are generally held in March.

Men's team competes locally, statewide, and regionally. There are generally 6-7 meets per season, from January through April. The State Championships is the culminating meet. The men's optional levels 8 and above may attend the Region 2 Championships for qualifiers.

COMPETITIONS/ETIQUETTE

- All competitions are mandatory (unless posted otherwise)
- Gymnasts must be prepared to compete on any day of the week assigned
- All gymnasts must be at meet site no later (nor earlier) than 15 minutes prior to open-warm ups
- All gymnasts must come to venue dressed and ready to compete: hair done, leos on, etc...
- Hair will be worn neatly and out of gymnast's face
- Competition uniform will be worn to all competitions unless otherwise stated
- Gymnasts are not to have any electronics out on the competition floor such as phones, iPads, etc...If they have to have them with them, it will remain in their gym bag until awards are over!
- All gymnasts must be in their team uniform and socks to receive awards on the podium.
- All gymnasts must attend all awards ceremonies (for sessions they compete in), and stay for the duration. They must also return for team awards should those be after another session.
- Please help us teach our athletes proper etiquette. NO TALKING during awards, backs should not be turned to podium. Shake hands and congratulate the athletes on either side of them!

TRAVEL AND SUPERVISION

Travel Meets are mandatory for all optional gymnasts. Parents are responsible for the chaperoning of their child at all times. Exceptions are that the coaching staff will be in charge of the gymnast during the actual competition. Parents are also responsible for getting their child to the meet site on time. Information regarding travel and competition times will be posted prior to the meet. The club will publish actual travel dates to and from competition and we ask that you respect the dates which are chosen in the best interest of the athlete. **Please remember that a gymnast may never be alone with their coach.*

UNIFORMS AND SUPPLIES

Each female gymnast is required to wear a gymnastics leotard for all scheduled workouts. Sweats may be recommended for the initial warm-up period of each workout. No gymnastics shoes, socks, baggy shorts or t-shirts will be worn during workout or competition. Two-piece leos are not acceptable. If it is the gymnast's preference to wear grips or wrist supports, the coach will recommend when needed.

Each gymnast will purchase a clinic leo, competitive team leo, warm-up suit and gym bag. These items are required for all competitions and usually change every other year. The price for such apparel will vary from year to year. All competitive apparel is limited for wear at competitions only.

INJURIES AND PREVENTION

As with any sport, injuries occasionally occur and because of the type of sport, it is vital that coaches are trained in safety procedures. At Gym406, staff members are safety conscience and have a current USA Gymnastics Safety Certification. Each coach is instructed in the proper skill progression and technique to avoid injury. It is vital that your child respect the equipment, skills and maintain discipline at all times. This is a NECESSITY; most injuries occur from not following instructions.

Sport medicine treats the special psychology and physiology of the athlete. Coupled with specialized rehabilitation, sports medicine reduces both pain and lost time to injuries. You are encouraged to take your injured athlete to see a SPECIALIST. Gym406 has a list of orthopedic doctors that have helped other Gym406 Team Members in the past. We also provide a Sports Chiropractor once a week at the gym. Dr. Aaron Jones will evaluate any physical problems and recommend a course of treatment.

CONDITIONING

There are four events within the women's gymnastics discipline and six for the men. Gym406 recognizes conditioning as the fifth/seventh and most important event to be trained. Conditioning is done at both the beginning and end of each workout. Because of the high skill level required to compete, a strong gymnast is a healthier and more successful gymnast. All gymnasts should have tennis shoes in their locker for the times that the team does aerobic training. Female gymnasts should also have 1-2 pounds ankle weights, ballet bands, elastic resistance bands, footie socks and a jump rope at the gym at all times.

Because many gymnastics skills require great range of motion and an aesthetic quality, flexibility is as important as strength. Lack of flexibility can even inhibit the learning of certain skills and of course will add up

in deductions at the competition. Stretching at home is strongly recommended and if needed, a conditioning program will be given as extra homework. Home training should only be done with the recommendation of the coach. Overtraining can be a detriment to athlete's health and development.

GENERAL INFORMATION

Leaving Workout

Gymnasts must ask permission to leave the gym. This applies to leaving practice early, going to the restroom or calling home. Your coaches need to know where you are at all times.

Gymnast Respect

Gymnasts should treat other gymnasts with respect and kindness. We are a team and we expect gymnasts to be good teammates. Athletes should be especially kind to younger gymnasts as they look up to older teammates.

Gym Respect

Gymnasts should act in a way that shows respect for themselves and the gym. We want the gym to be a happy, fun and positive place. There is no place in our gym for belittling comments, displays of anger and/or disgust, talking back to coaches or other athletes. Also please make sure to help keep the gym a clean, and safe environment. There should be no food left in or near the lockers. No food is allowed on the floor, all snacks must be eaten in the break room PLEASE TELL YOUR CHILD TO CLEAN UP AFTER THEMSELVES!

DISCIPLINARY ACTIONS

The rules and policies associated with Gym406 have been outlined in this handbook. In the event there's an ongoing pattern of disruption or in case of rule infractions, disciplinary action may be necessary.

TECHNOLOGY/SOCIAL MEDIA

Cell phones - It is the requirement of the club to have all cell phones left in the lockers. If your child has to be reached in an emergency please call the gym at 406-442-1840. Your child may also use the gym phone should they need to reach you for any reason. If a parent chooses to have their child bring a cell phone to workouts and meets, please have your child comply with the following requests:

- No running to the locker area to check texts (except during a designated break).
- Phones may never leave the locker area.
- Please do not text your parents with complaints during practice - SPEAK WITH YOUR COACHES!
- Phones may never come out on a competition floor nor may they be visible or used during awards!

Facebook/Instagram/Snapchat - Please think twice about what gets posted on social media. We tend to act quickly with frustrations and feelings and once posted cannot be retracted. Please also be aware that posts can be misconstrued and the ownership of Gym406 will not tolerate anything that is deemed inappropriate towards the program, towards the coaching staff, towards another athlete, or even towards another club. On the same note, please be aware that we ask our athletes to both win and lose with respect. In other words, no slamming, criticizing or bragging.

THANK YOU!

Gym406 takes gymnastics and the development of your child seriously. We realize we spend several hours per week with your child and we understand the responsibility associated with the influence. If at any time you have a question or comment concerning your child's well being, please contact Denny Allen or Sharon Mozer immediately.

The coaches and staff at Gym406 would like to thank you for your involvement and support of our program. You and your child are important to us and we appreciate the opportunity to coach your child. We look forward to a fun, safe and successful season!

ADDITIONAL INFORMATION

| | | |
|--|---|---|
| Co-Head Coach/Director Denny Allen (406) 439-2605 denny@gym406.com | Co-Head/Choreographer Sharon Mozer (406) 868-0047 sharon@gym406.com | Choreographer/Dance Rebecca Rohrer (406) 461-6061 hannemma@bresnan.net |
| Men's Head Coach Erick McCall (208) 669-1830 mach1mccall@gmail.com | Compulsory Head Coach Brianna Gulbertson (941) 525-6204 Briannalee1202@gmail.com | Xcel Head Coach Cari Hammond (406) 439-1830 hammondcaroline@hotmail.com |

www.gym406.com

Gym Address: 2940 Prospect Ave., Helena, MT 59601

Gym Mailing/Billing Address: 3201 Strom Dr., Helena, MT 59602

Gym Phone: (406) 442-1840

Gym406 Agreement, Acceptance, and Medical Form

Athlete's Name _____ Date of Birth _____

Parent(s) Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Work _____ Other _____

Emergency Contact _____ Phone _____

I have read the Gym406 Team Handbook and agree to the information therein.

Parent Signature

Athlete Signature

PERMISSION AND NOTIFICATION OF RISK: The above name athlete has my permission to attend and participate in the Gym406 Team Program. I confirm that to the best of my knowledge, my child is in good health and free from any medical condition that would limit her activity. I understand that there is inherent danger and a resulting possibility of injury, which may be incurred while participating in gymnastics. Gymnastics like any other athletic activity involving motion, rotation and height involves a risk of injury, paralysis or even death.

Parent/Guardian Signature

Date

CONSENT TO MEDICAL CARE AND TREATMENT OF A MINOR: I hereby authorize Gym406 or any employee thereof to call any medical or other emergency personnel and/or arrange for medical treatment, including diagnostic, hospital or surgical procedures that may be prescribed or performed by a treating medical doctor for the above named athlete, if I cannot be located in a reasonable amount of time in case of any emergency.

HEALTH INSURANCE GROUP _____

POLICY OR GROUP NUMBER _____

KNOWN MEDICAL FLAGS _____

Parent/Guardian Signature _____ Date _____

Please read this handbook together with your child and sign and return the back page along with this form and your first assessment payment. For your convenience, I have listed all broken or ignored handbook rules from this past season. I am asking ALL parents and athletes to please initial, confirming you understand and accept the rule.

Parent Athlete

_____ Tuition and Fees are due monthly and are never prorated. A \$25.00 late fee will be added to your account should payment not be made by the 20th. Athletes 30 days late on any fees will not be permitted to attend workouts.

_____ Assessment fees if not paid in full in June will be paid in 12 equal payments. Payments will be due on the 5th of the month. Assessments are non refundable and a \$25 late fee will be added monthly to all accounts not current.

_____ Please plan family vacations around our competitive schedule as much as possible. All athletes are required to compete in all regular and post-season meets including State, Regional and National Championships. Spring break is a very busy time for competitive gymnastics and workout at this time is important. Missing practice close to post season meets can be a detriment to athlete performance.

_____ Gym406 will publish actual travel dates to and from competitions and we ask that you respect the dates which are chosen in the best interest of the athlete.

_____ Optional level athletes may not miss ANY practice from State until after their competition season.

_____ Gym406 requires approval of all camps or clinics your athlete may wish to attend. Gym406 may select a camp and encourage all team members to attend the camp together.

_____ Athletes are not to have any electronics out on the competition floor or at awards; phones, iPads, etc...

_____ Please do not contact coaches once they are on the competition floor with your child and the team.

_____ All gymnasts must be in their team uniform and socks to receive awards on the podium.

_____ Athletes must attend all awards ceremonies (for sessions they compete in), and stay for the duration. They must also return for team awards should those be after another session.

_____ Please help us teach our athletes proper etiquette. NO TALKING during awards, backs should not be turned to podium. Shake hands and congratulate the athletes on either side of them!

_____ Gymnasts should treat other gymnasts with respect and kindness. We are a team and we expect gymnasts to be good teammates. Athletes should be especially kind to younger gymnasts as they look up to you.

_____ Athletes should act in a way that shows respect for themselves and the gym. We want the gym to be a happy, fun, positive and safe place. There is no place in our gym for belittling comments, displays of anger and/or disgust, talking back to coaches or other athletes. Also please make sure to help keep the gym a clean, safe environment. There should be no food left in or near the lockers. No food is allowed on the floor, all snacks must be eaten in the break room. PLEASE TELL YOUR CHILD TO CLEAN UP AFTER THEM SELVES!

_____ It is the preference of Gym406 to have all cell phones left at home. If your child has to be reached in an emergency please call the gym at 442-1840. Your child may also use the gym phone should they need to reach you for any reason. If a parent chooses to have their child bring a cell phone to workouts and meets, please have your child comply with the following requests:

- No running to the lockers to check texts (except during a designated break)
- Phones may never leave the locker area
- Please do not text your parents with complaints during practice - SPEAK WITH YOUR COACHES!
- Cell phones must remain in the gym bag on the field of play (competition floor)