



Team Handbook

2020-21

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Welcome

We are pleased that you have joined the GLT Team Program. To be a competitive gymnast requires a great amount of invested time, dedication, financial obligations and the right support from family, friends and the GLT organization. At Gym Like This! We have a Support Like This! booster club that helps support the facility and families of the competitive team programs. You will be asked to join SLT and support all aspects that coincide with the team program. We strive for you to create a balanced life between gym, academics and family life, while achieving success as the ultimate goal.

Responsibilities

Gymnasts, coaches and parents have their own responsibilities. It is the gymnast's responsibility to work hard, make all practices, stay focused and healthy, enjoy the sport, maintain good grades in school, communicate with teachers, coaches and parents, respect team mates and fellow competitors and strive for success.

The parents, must fulfill the financial and parenting obligations. It is your responsibility to ensure that your parent portal information has current information at all times. Your parent portal is easily assessable via our web site: www.gymlikethis.com. Besides that, any outside the gym related matters should be communicated with the coaches and team director. Parents are not coaches and should 100% refrain from coaching inside and outside the gym. Your main job is to be your daughter's cheerleader and biggest fan!

It is the coaches' responsibility to provide a safe workout environment, stimulate progressive training, communicate between athletes and parents and report any signs of interference that hinder success.

Communications

Gymnasts should:

1. Notify the coach immediately of any discomfort or pain.
2. Let the coach know immediately if you don't understand the instructions.
3. Remind all coaches if you are allowed to be dismissed early from practice.
4. Notify the team director immediately if arriving late at practice.
5. Ask for permission to get a drink or to be excused to go to the bathroom during practice or at competition.
6. Discuss any concern in private with the coaches

Parents should:

1. Express concerns directly to the coach.
2. Notify any workout or competition conflicts in advance in writing. Any workout conflicts should be emailed to the team director minimum 3 hours before start of their workout. Any competition conflicts should be emailed and discussed in July for the compulsory teams and September for the optional teams.
3. Any medical limitations and/or clearance should be signed off by a practicing physician and a copy handed to the team director. Please keep the medical section updated in your

parent portal.

4. Approach, email or text coaches before or after workout times. Work out hours are dedicated to the athletes' workouts. If you prefer a personal meeting, make an appointment by email. Typical coaching staff office hours are M-F 1pm to 3pm.
5. In case of a concern leave emotions out and discuss facts in a private setting. Do not discuss your concern with fellow parents (may result in immediate dismissal). Questions or concern that are not related to your athletes training should be directed to upper management.
6. Concerns about performances (coach or athlete) at competitions should be addressed back in the gym in a private setting. Do not discuss these concerns in the open. You still represent GLT (may result in immediate dismissal).
7. Except in the case of an emergency, the GLT! team staff should not be called or text at home or text during practice. Please leave all messages with the hospitality desk at the gym or email the coach. The coaches will check their boxes periodically and return your calls/emails normally within 24 hours. Typical office hours for director is M-F, 1:00pm – 3:00pm, please be respectful of staff's time off from work.

Q & A Sessions

Approximately every 7 to 10 weeks, the team staff will conduct a 30-minute Q&A session at the very beginning or end of normal workout. These days and times will be indicated on the team monthly calendar. This gives the parents a chance for some "face time" with your daughter's coach, to be able to ask them any of your questions or concerns regarding the program. This is also a great way to avoid or reduce the "parent's gossip" trap, by getting answers directly from the staff. Either "group" or "individual" coach/parent conferences can be held both at the beginning and the end of the competitive season to establish and evaluate goals.

Team Philosophy & Policies

New members

Gymnastics is a small community. To accept new members coming from a different program, they must be in good financial standings with their former program. Clients will be offered a free week of practice to evaluate our program and for us to evaluate you. Placement at GLT is not automatic and may differ from other programs. After the weeks trial a final decision will be made and commitments, paperwork etc. must be completed prior to athletes' start date.

Current athletes

- Attend all practices, competitions, clinics and special events.
- If you can't attend a workout call the gym or email the team director. No make-ups!
- Be punctual!... Arrive on time and stay until practice is over. On time means on the floor proper workout attire, hair up, no loose clothing, 5 minutes prior to start time. **You must wait in the viewing room until 5 minutes before start of the workout. Unless otherwise instructed.**
- Be happy!... Come into the gym with a good attitude every day.
- Respect your teammates, treat each other the way you would want to be treated.
- Be patient with yourself and others; everyone excels at a different rate. Do not compare! Everyone is an individual.
- Honesty!... Cheating is the ugliest form of disrespect. It shows disrespect to your coaches,

your parents, your teammates, and most important to yourself. If you cannot or will not complete an assignment, be honest about it.

- Be healthy!... If you are sick, stay home. Tell your coaches when your body is telling you to stop and slow down. If you are sick, injured or on medication we need to know. Inform the coach on each event.
- When injured you are still required to come to practice (with doctors note). This is of utmost importance to maintain strength and flexibility. If participation is cleared from the doctor to do skills without use of the injured limb it helps keep the feel of the skills. Tuition reduction will not be given for injuries.
- Provide your body with proper food and drink at all times. Maintain a healthy weight that is appropriate for the sport of gymnastics and a proper balance of your body. Being overweight or underweight will put you at risk of injury.
- Lockers are for gym related items only. All other items should be kept at home. Keep it clean and organized!
- Always wait inside the gym for your ride. Be sure that your parents always know what time your workout is over and pick you up in a timely manner. Avoid being picked up early or late!
- The coaches determine your level. Remember, being at a higher level does not make you a better gymnast. Executing skills more precisely helps build long term success.

Parents are expected:

- to support the athlete and program.
- to make sure all financials are current at all times and billing information is current
- to understand & uphold your responsibility to the Booster club.
- to support, not judge your child's performance.
- to understand that face-to-face progress reports are not practical.
- to arrange accommodations and travel to and from competition. Competition time and place will be provided by the team director. Allow ample travel time! Pre-book hotels and cancel the days that you don't have to be there right after competition times are listed.
- once you drop off your child for competition to refrain from communicating with her. The coaches will take care of everything and contact you if necessary.
- to monitor social media postings concerning GLT, their coaches and/or operators and refrain from any negative postings made by their child, themselves or anybody else (Immediate dismissal).
- Pick your daughter up on time from practice!
- Help promote our gymnasts by sharing your competition / award photo's with GLT Photo's can be sent to gymlikethis@bellsouth.net

Time and Financial Obligations

Tuition

These fees cover instructional time. They do not cover the administrative expenses of running the program. Tuition fees are based on 48 weeks, allowing for 4 weeks for vacation / closed business days / cax practices due to weather or meet travel. GLT is not obligated to provide any make-up practices that are cax due to any unforeseen circumstances beyond our control.

- The list of Tuition Fees for each level will be distributed around May with the team's summer

workout schedule. Tuition Fees and workout times are subject to change from year to year. Team Tuition must be paid in full and on time. Any unpaid balance that is 15 days overdue may terminate your child's participation in any competitions, workouts or team activities.

- Tuition is due each month regardless of attendance. There is no make-up or discount for missed practices. A valid credit/debit card is required for guaranteed payment of tuition and other fees associated with the competitive program. Your credit card will be automatically charged on or about the 15th of each proceeding month to cover tuition expenses. There is a \$30 assessment for non-processing credit cards and payments that are considered late.
- Team contracts remain in effect unless we receive a 30-day written withdraw notice of resignation from team prior to the 15th of current billing month. Your account will be charged accordingly.
- **It is your responsibility to ensure that your account information is current at all times. This is easily done via your parent portal which can be accessed via www.gymlikethis.com.**

Gym Team Annual Membership Fee: Upon Enrollment & Annually June 1st

GLT assesses an annual membership fee that covers:

- Coaches required accreditations, memberships, certifications, clinics & continued education.
 - Staff Administrative costs related directly to the day to day needs of the program; lesson plans, rotations, parent communication, staffing, evaluations, etc.
 - Team insurance
- \$85.00 per year for Pre-Team
 - \$150.00 per year for Levels 1 – 2 and Xcel Bronze & Silver
 - \$200.00 per year for Xcel Gold, & Platinum and Levels 3 and up

Membership fees are non-refundable and will not be pro-rated.

USAG Annual Membership Fee: This is mandated by USA Gymnastics and is renewed each year. Membership fee is determined by levels and is due every July. Parents are required to purchase this membership through USAG.

General Competition Fund:

This fund benefits everyone by spreading out costs across the whole team and will be charged to all team families on September 1st. Pre-team: \$40, Compulsory & Xcel athletes: \$77.00, Optional Levels: \$99.00. This fee helps cover the competitive administrative costs of entering athletes in meets, collection and accounting of competitive expenses and fees, and making coaches travel arrangements.

Additionally, this fund helps defray the coaching costs for the highest-level gymnasts that are traveling to national competitions. Instead of "burying" these fees somewhere, we prefer to disclose what the fees will be used for and present it as a way for those who will eventually be at the higher levels to support those that are currently there. This means that when your child reaches these levels, there will be funds to help support coach's travel expenses to regional and national competitions throughout the country. With fewer athletes competing at the higher

levels, coaching expenses are spread among fewer families. The following meets are eligible to receive subsidy from the fund: Regionals for levels 6, 7, 8, 9, 10 & excel and Nationals for levels 9/10.

Competition Expenses

Please be aware of the important differences between *tuition and competition fees/expenses*. Monthly tuition is paid to Gym Like This! and this revenue is used to pay expenses associated with *your gymnast's daily training*. *Competition fee/expenses* are used to pay expenses associated with competing (meet entry fees, coaches' traveling expenses, etc). Competition fees are two categories, **Coaches Fees & Entry Fees**.

1. Entry fees (individual & team) and fee deadlines will accompany your gymnast's meet schedule for the year. Entry fees for competitions vary from \$65.00 - \$195.00 per event (entry fees and deadlines are set by meet hosts, not GLT) All entry fees are collected by GLT in a "lump sum" and remitted to the competition host. Entry fee deadlines are typically 6 to 8 weeks prior to the competition. Entry fees are not pro-rated or refunded for missed competitions. Meet schedules will be available by mid May. All fees must be paid in full for Compulsories by August 15th, and by Nov. 1st for Optionals. There will be fundraising opportunities for these expenses.
2. Coaches' travel fees will be assessed for every competition and training camp. The coach's fees are based upon the projected coaching costs associated with each competition for the season. The total of all of these fees are then divided by levels. These fees cover coaches' expenses such as travel, food, lodging, coaching compensation, substitutes for coaches' classes & team assignments when they are away at meets.
3. All Coaches' fees will be due Sept. 10th and are non-refundable. You will receive the amount of these fees along with our meet schedule sometime in May. This will give all families time to participate in our fundraising opportunities should they desire to do so. (see fundraising)

Other

1. Team uniforms including warm-ups, competition leotard, a bag, slip-on shoes (optional), and hair accessories must be purchased.
2. The decision to join the GLT! team program is a big one and reflects a commitment to the team program. Team members do not move on and off of the team based on illness, injury, conflicts or the like. You are either on the team or not! Gymnasts must maintain at least a 75% 6-month attendance average to be eligible to compete or move to the next level.
3. There will be no prorating of coaches' fees.
4. GLT! may not offer team workout the first scheduled practice after a State Meet, Regional or National Championship, or major invitational for the levels involved in the competition. This is to give the gymnasts and coaches (who have been away from home for the entire weekend) a day off to rest and recharge.
5. GLT! may also cancel or reschedule team workouts for clinics, camps, workshops, in-house

competitions, special events or team outings.

6. GLT! may schedule extra practices on weeks when the gym is closed for all other activity. We offer this extra practice time at no charge.
7. Private lessons are available to all GLT! gymnasts. Privates should be scheduled with the coach responsible for that particular event if at all possible. Scheduled privates must be cancelled 24 hrs. prior to your time or you are still responsible for the fees.

*** Account must be current for gymnasts to take private lessons**

Level Mobility

Mobility Within Team Program

The specific mission of Gym Like This! is to develop happy, healthy and confident young people. To help ensure this goal is achieved, each gymnast competes in the level in which she can perform the required skills and routines with a high level of proficiency and confidence. Mobility through the levels (moving up) takes place with the full discretion of the Team staff as the requirements set forth by USA Gymnastics are achieved. At no time will a gymnast be moved up without fulfilling all of the requirements of the next level to the highest of standards.

Compulsory athletes (Levels 1-5) typically compete in the Fall season (Sept-Dec) and the deadlines for an athlete to meet all of the minimum requirements to move into one of these levels is August 1st. However, if the athlete is not competition ready, they may compete in the Winter/Spring.

Optional athletes (XCEL, Levels 6-10) compete in the Spring season (Jan-May) and the deadlines for an athlete to meet all of the minimum requirements to move into one of these levels is October 31st. There may be opportunity for XCEL Athletes to compete in Fall and/or Spring. Athletes seeking to score out of the compulsory to optional may do so during the Fall competitive season (additional costs may incur).

All athletes that move up, do so under the following terms and conditions:

- I. Athlete/parents understand that if attendance average for the summer months falls below 75% or if attendance during any one of those 3 months is below 66%, athlete will need to compete in the Winter/Spring competition season.
- II. Athlete/parents understand that being moved up does not mean that the athlete is ready to compete nor does it guarantee that the athlete will compete at that level. There is still much work to be done after being moved up to be ready for competition and it is the responsibility of the athlete to get it done.

Moving from Level 5 to Optional as of May 1st, 2019:

- Due to the many changes in the level 5 routine, GLT is electing NOT to compete this level for the 2019/2020 Season. Level 5 skill level athletes will train level 6 skills and if they have not already scored out in a level 5 competition, they will be entered into the 1st level 5 meet of the season to do so.
- Athletes scoring out, will immediately move into the Optional Competition Season.

- Those that do not score out will continue working towards this goal.
- Athletes that fall into this category will be responsible for the entry and coach's fees AND the expenses affiliated with the Level 5 competitions for scoring out.
 - The athlete will need to learn optional Floor and Beam routines, which require a choreographer. This Choreographer will be contacted and payment required in cash at the time of choreography.

Booster Club Information and Obligations

It is the philosophy of Gym Like This! that every family involved with the team should be a member of the booster club. This is a requirement that goes into effect upon receipt of this handbook. GLT's Competitive Athletes are supported by our Non-Profit Booster Club, Support Like This!. The purpose of this organization is to provide athlete and parent support, help build camaraderie within our program, plan and organize athlete functions; Holiday Party, Team Bonding Activities & Annual Awards Banquet.

Membership Fee for SLT: (All Levels)

Membership fee is due on June 1st of each year and will not be prorated or refunded. A late fee of \$10 will be assessed for fees not received by June 30th. Any new team athlete will have 30 days from the date they join the team to pay their membership fee or a \$10 late fee will be assessed. This fee is to be paid directly to SLT.

Fundraising:

GLT! provides year round fundraising through sponsorships sales for families and businesses to help offset competitive team fees. Fundraising is NOT required.

Gymnast Competition Guidelines

“Competition is a reward for all the hard work you have put in at practice. It should be a fun experience for everyone. It is your opportunity to show what you have learned and experience team and individual satisfaction.”

- Be on time. Arrive at competition a minimum of 30 minutes prior to your scheduled stretch time.
- Arrive with a good attitude! Show good sportsmanship for all gymnasts in the competition. Cheer on your teammates as well as your competitors. You will make lifelong friends during your tenure in this sport by doing so. If you see a skill or routine that you like, let them know it.
- Hair must be neat and not cover eyes (pony tail flip test)
- All nail polish must be removed from toes and hands unless clear. (USAG RULE)

- All jewelry must be removed except for a single pair of post earrings (one in each ear) or a deduction is taken. (USAG RULE)
- Contact the coach immediately upon arrival to the competition.
- No gymnast is allowed to leave the competition floor for any reason unless given permission from the coach.
- Be courteous, respectful, and polite to all judges, meet directors, host clubs, competitors and coaches. The only time you should approach an official or a judge is to thank them for hosting or judging a meet and at the start of the event to present to the judge.
- Only gymnasts competing in the event should be on the competitive floor.
- Away meets: when you are traveling to a meet you are representing GLT, you must behave appropriately. No yelling or playing around in the hallways in hotels or the coaches will send you home, scratched from the competition and all coaches fees will remain paid in full.
- We suggest no swimming (water in the ear or unexpected ear infection can make you unbalanced) or sitting in a hot tub the day before or day of a meet. This could prevent you from doing your best in competition. Additionally, do not sit out in the hot sun the day of or before a meet.
- REST before competition. Get a good night sleep the night before.
- Gymnasts should stay at their last event until the last athlete has finished the competition.
- Gymnasts are expected to stay for awards and always wear their team uniform for the ceremony with good sportsmanship and attitude. Jackets must be zipped – no t-shirts showing. Barefoot, clean socks or athletic flip flops.
- Any team rewards should be accepted and brought back to the gym. Coaches are most of the time occupied in other sessions and will not attend awards.
- Strive to do your routines and skills to the best of your ability. Scores are not always indicative of your best performance. Concentrate on achieving your goals, for example, if you are performing a new skill in competitions for the first time, and did it... You won that day!
- Accept your scores with dignity and without comment or criticism. You cannot control the scores you get, nor can you control the scores of other gymnasts. You can only control what you do.
- There is no place for crying, disrespect and uncontrolled emotions on the floor. This type of behavior will not be tolerated.
- **Parents are never allowed onto the competition floor as per USAG Gymnastics!**

Gym Like This! Competitive Uniform List

Workout Attire- For the safety of all athletes and coach staff:

1. Leotard – full tank leotards / no crop tops / no legging or pants
2. Biker short are acceptable *NO LOOSE CLOTHING OR LONG PANTS

Mandatory Competitive

1. Long Sleeve Competition Leotard (Levels 3 – 10)
2. Warm-up suit (jacket and pants) (Levels 1 – 10)
3. Tank Style Competition Leotard (Levels 1-2)
4. Team Gym Bag (Levels 1–10)

Optional

1. Gym Like This! T-shirt
2. Slip-on shoes (to keep feet clean during competition)
3. Tank style warm-up leotards for training camps (Levels 7 – 10)

Cost (for mandatory items)

- Levels 1: Approximately \$257.00, which includes tank style competition leo, warm-up.
- Levels 2 – 10 / Xcel Levels : Approximately \$460.00, which includes long sleeve competition leo, warm-up.

Miscellaneous Information

- Every month team gymnasts will receive a calendar with workout schedule changes. This calendar will also be available at the hospitality desk and on the team bulletin board. Please keep these calendars and revise them when necessary.
- Every Spring/Summer GLT! Booster Club will have an awards banquet for the compulsory and optional team gymnasts. Each gymnast will be recognized for her accomplishments by her coaches. Please make every attempt to attend.
- When planning for family vacations, please try to schedule them for early in the summer. This will allow for minimal time out of the gym.

Minor Injury Procedure

Often times in gymnastics, athletes will feel some degree of soreness or pain. This is associated with the rigors of training this sport. Most of the time gymnasts can continue to train. In the event that the gymnast feels that she has injured herself, basic first aid will be administered (Rest, Ice, Compression, Elevation). Most often the pain will subside in a day or two. The Team staff will do their best to work around this pain for three days. On the fourth day, GLT! requires that the gymnast a) return to full training regimen or b) go see a doctor if the pain persists.

GLT! staff will then follow any recommendations (in writing) of the doctor until the gymnast is released for full participation (also in writing). For safety reasons, if pain persists and the gymnast has not seen a doctor, the gymnast will only be allowed to work flexibility, strength and zero impact skill work in non-affected areas. This training regimen will be followed until the gymnast has been released for full participation by a doctor (in writing). Understand that the gymnast will not be entered into competition until she has returned to previous form.

Emergency Procedure

In the event of a physical emergency involving one of our gymnasts, immediate first aid is administered. If the injury is deemed extreme (fractures, head injuries, etc.), one of two things will happen, depending on the severity:

1. You will be contacted immediately using the emergency contact information you have given GLT! (this would be a good time to update your information via your parent portal) and informed of the injury, and we will follow your direction. In the event we are unable to make contact with a parent, the team director will be notified and the gymnast will be taken to the nearest facility.
2. EMS (911) will be notified, along with the team director, and the gymnast will be transported to the nearest hospital via ambulance with either the director or her coach. During this time, attempts to contact the parent will continue.

Lastly

We know you have many choices of programs for your gymnast, and truly appreciate that you have elected to Gym Like This! to be your training center. Welcome to our family.

**This handbook is designed to give information and guidance involving the competitive team program. GLT! reserves the right to make adjustments to this handbook at any given time in the event it is warranted for the betterment of the business and/or program, additionally, in the event of unforeseen circumstances that inhibit the normal operation of the business.*