



TEAM HANDBOOK

2018 - 2019

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APOLLO GYMNASTICS PHILOSOPHY

For those of you who are new to APOLLO School of Gymnastics we would like to welcome you. Athletes will learn essential skills that will benefit them far beyond their gymnastics careers, including self-confidence, self-discipline, perseverance, teamwork and sportsmanship. We utilize many tools to provide quality coaching and look forward to continued success in the future.

For those of you who have already been a part of the APOLLO family we would like to welcome you back. We have worked hard all year and we are ready for the next meet season. We hope all of you feel as confident as we are that this season will be a positive one.

We at APOLLO School of Gymnastics believe that each gymnast is his/her own individual and will learn and progress at his/her own individual rate. We will use a variety of drills, strength exercises and flexibility exercises to help move each gymnast towards achieving her/his potential. Our goal is to promote and maintain the gymnast's self-esteem and self worth in a positive, safe environment where all athletes can work toward their greatest potential. We will provide a safe, positive and encouraging learning environment. We believe that gymnastics not only promotes exercise and good health habits but that it instills self-discipline, determination, teamwork and the importance of perseverance.

OUR MISSION:

To develop a top-level gymnastics program that will prepare every team member for a successful future in college gymnastics, any other athletic activity, or scholastic endeavors through continual growth and development along with competitive success. We want to instill the skill set, industry knowledge (for college athletics) and personal characteristics needed for success once our athletes graduate high school.

The APOLLO Coaching Staff looks forward to coaching all of you this season. Let's give it our Best!

Competitive Structure

Competition levels are determined by the Men's and Women's team directors. The competitive structure and practice requirements are as follows:

Women's Pre-Team: Introductory level for gymnasts to compete at in-house meets in Level 1 and 2. Pre-Team is a program designed for those who wish to experience a competitive team level of gymnastics. This is an accelerated program for hand-picked gymnasts that show gymnastics potential. *Practice is 2 hours, 2x a week.*

Women's Xcel Bronze/Silver: Young gymnasts who will compete level 3 & 4 at in-house meets and compete Bronze/Silver at all travel meets. Routines are designed to establish sound fundamentals to prepare gymnasts for the Gold and Platinum levels with continuous progression. *Practice is 3 hours, 3x to 4x a week.*

Women's Xcel Gold/Platinum: Young gymnasts who will compete levels 5 & 6 at in-house meets and Gold/Platinum at all travel meets. Routines are designed to establish sound fundamentals to prepare gymnasts for the optional levels and continuous progression. *Practice is 3 hours, 4x to 5x a week.*

Women's Optional Levels: Gymnasts who will compete USAG levels 6-10 in which USAG allows personal touch to routines. Gymnasts have routines choreographed just for them, highlighting their strengths. Routines still have USAG-required basic elements that must be included. *Practice is 3 hours, 6x a week.*

Men's Pre-Team: Ages 5 years and older. This is an accelerated program designed to prepare gymnasts with skill set needed for men's level 4 & 5. *Practice is 2 hours, 2x a week.*

Men's Levels 4: A compulsory level for 6 years and older who compete in USAG sanctioned meets. *Practice is 2 hours, 3x a week.*

Men's Levels 5: A compulsory level for 6 years and older who compete in USAG sanctioned meets. *Practice is 3 hours, 4x a week.*

Men's Levels 6 & 7: A compulsory level for 8 years and older who compete USAG Level 6. *Practice is 4 hours, 4-5x a week.*

Men's Levels 8 -10: Optional levels for 12 years and older who compete USAG Levels 8-10 in accordance with their skill level. *Practice is 4 hours, 5x a week.*

Gymnasts may work out more hours than designated level, but must pay the fees associated with the additional hours.

Moving up Levels for Women's and Men's

At APOLLO School of Gymnastics we work the skills and routines necessary for mobility in the summer & fall months. Although mobility skills are worked on throughout the year, the focus during meet season, January - May, is on perfecting skills already accomplished and routines. From the end of the state meets until September the focus is on skill-building.

Placement decisions that the coaches make are determined based on skills already acquired, work ethic demonstrated during practices, maturity, and the potential we see in each gymnast.

Team Mobility:

- Level mobility occurs May - September.
- September 30th is the final level declaration deadline for the upcoming competitive season.
- Although levels are not changed after October 1st gymnasts will continuously have the opportunity to accomplish skills above this level.
- Due to the continuous progression athletes may move more than one level during the mobility months.
- All tuitions and/or any past due amounts must be paid before a gymnast can move to the next level.

Coaches consider each gymnast's physical and mental readiness for the next level on an individual basis. The coaching staff reserves the right to move a child to a level that they see fit.

Commitment letters will be sent out in July and the letters identifying gymnasts' competitive levels will be sent out after the September in-house meet. Your commitment letter, all forms and a \$250 commitment payment will be due by August 1st, 2019. The commitments show an accurate number of athletes for the upcoming season and allows for better calculation of the meet expenses. The commitment payment will be applied toward your meet account. There will be no refunds for commitment payments.

Attendance Policy

Our competitive team program is structured so that each group receives the conditioning and event training needed each week of practice. When a gymnast misses a practice he/she misses training that is necessary to become a strong, flexible, well trained athlete. Our goal at APOLLO School of Gymnastics is to train superb gymnastics. A superb gymnast is strong, flexible, confident, and safety conscious. Therefore, we stress the importance of attending all scheduled practices.

ABSENCES: If your gymnast must miss practice for any reason, the gymnast/parent is expected to call the gym and notify the front desk of the absence and reason. **We do NOT do make ups for team- if you miss, you miss.** A gymnast has to be at every practice the week before a competition or he/she may not be allowed to compete in that meet. If, at any point in time, a gymnast's attendance record shows that he/she has been absent 75% of the time or more the gymnast may be removed from the team. Special circumstances will be handled individually.

TARDINESS: It is extremely important to be prompt for practice. Warm up is essential not only for injury prevention, but it also helps with developing cardio endurance. Being late also disrupts practice for the other gymnasts.

VACATIONS: Keep in mind that the sport of gymnastics is a year-round commitment. If you need to take a month off or the entire summer off, gym fees still apply. A gymnast cannot maintain the strength and flexibility needed if there are excessive absences. We realize the need for family vacations, the importance of school events and the desire to participate in other activities that may arise. These absences are acceptable within reason and should be discussed with your gymnast's coach as soon as you are aware of them.

EXCESSIVE ABSENCES: There are **NO** refunds for absences nor are there pro-rated prices for monthly fees due to excessive absences. Continual absences from a gymnast will result in a meeting of parents and the gymnast with coaches to discuss the possible solutions for a better commitment.

30 DAY NOTICES: If a gymnast decides to quit the program the parents are required to notify the office in writing. They are required to give a 30-day notice of their impending departure from the Competitive Program regardless of when they choose to leave. You are considered part of team until you give a 30-day notice. Please do not think that by not filling out your forms or not signing your acceptance letter for the next season you have met this responsibility. Fees must be paid for the 30 day notice period. A gymnast who leaves the program has an impact on the team dynamics, the coaching staff and the overall team program. Therefore, it is only fair to everyone that you provide a 30-day notification prior to leaving the gym. During that month of notice, your child is welcome to train in the gym. **Any inappropriate talk by either the gymnast or parent will not be tolerated.** Failure to provide notice is considered a serious breach of contract and fees will continue to be charged as though your child is still a member of the APOLLO School of Gymnastics program. Upon APOLLO's receipt of your written notice the 30-day notice period will begin, regardless of your child's attendance in the gym. If a

30-day notice is given and you change your mind the 30-day notice expires after 30 days and you are automatically reinstated to team and your commitment is still in force.

EARLY DROP OFF/LATE PICK UP: For the safety of our gymnasts there is no drop off more than 15 minutes prior to/ or 15 minutes post practice unattended. Gymnasts whom arrive early or remain late will be sent to the after-school program and your account will be billed \$1 per minute after the 15 minute grace period.

Tuition

Competitive team tuition is based on only 48 weeks of gymnastics yearly. We do not charge for the full 52 weeks a year because we take into consideration practice time that is missed due to holidays and the 4th of July holiday week closing. This 48-week fee is split into 12 monthly payments.

It is **MANDATORY** that everyone gives an active credit/debit card number to be kept on file in this program by filling out the Auto Pay form, even if your preferred method of payment is check or cash. Our system meets all security standards to ensure that your card information is safe. In fact, only the last four digits are visible to us on the computer.

- Tuition payments will be automatically taken off your card/debit card on file on the 7th of each month. Those who wish to pay by check or cash must do so **BEFORE** the 7th of the month so it may be credited to your account before charges are automatically taken from your card. If for some reason, your account balance cannot be taken from your card on the 7th day of the month; your gymnast will not be permitted to practice until account is balanced. If your payment continues to be late, gymnast will be removed from the roster.
- There are no tuition refunds for any reason.
- Lowering a monthly payment fee to make up for the number of practice days you've missed is not allowed.
- If your gymnast is decreasing practice hours the change in tuition will be effective the month following your submission. If your child is increasing practice hours you will be charged the additional tuition according to the effective date of the increase hours. There will be no refunds or credits for a practice schedule change.
- Bounced checks will incur a \$20 NSF fee plus any additional fees that may apply.

DISCOUNTS: A 10% discount will be given for siblings of current members. **The tuition discount will be given to the siblings enrolled in a recreation/preschool class or the team member whose tuition is of equal or lesser value.**

DELINQUENT ACCOUNTS: The gym reserves the right to charge any balance of fees that goes beyond 30 days late to your credit card that is on file at the gym, unless a payment plan has been submitted and approved by Jessica before the 30 days. **All accounts must be current in order for gymnast to compete in competition and private lessons.**

REGISTRATION FEES: APOLLO Gymnastics members are charged an annual registration fee of \$50. This fee is used to pay insurance costs. When your registration fee is due it will also be automatically charged to your card along with your tuition.

Choreography

Choreography is required for all Excel Gold, Platinum, and Level 6+ Women gymnasts for floor and beam routines. All choreography is composed by Coach Jessica and remains the property of the APOLLO School of Gymnastics.

FLOOR ROUTINES: The gymnast will choose three music possibilities and Coach Jessica will make final selection based on personality. Once music has been agreed upon, a choreography time slot will be arranged. This slot time is usually when the gym is empty or nearly so. We set up about a 3-4 hour block for a new floor routine. Upon completion, the coach will videotape the choreography of the new routine and then Coach Jessica and the gymnast performing the routine together. This video is very important for the gymnast in the first few weeks because it helps her remember every small pose and dance step. All floor routines are kept for 2 years, unless there are extenuating circumstances. We may make minor changes to the routine for the second year, if necessary, especially if there has been a level change.

BEAM ROUTINES: Coach Jessica will choreograph the gymnast's beam routines. This will be done during the 3-4 hour block of time. APOLLO will videotape these routines.

CHOREOGRAPHY COSTS: The parent is responsible for the cost of the routine. Choreography costs include the music, beam and floor routine.

Xcel Gold/ Platinum Choreography for first choreographed routine \$300.

Xcel Gold/ Platinum Choreography for second and after choreographed routines \$400

Levels 6 -10 Choreography routines \$400.

OPTIONAL MUSIC AND CHOREOGRAPHY: Gymnasts receive custom floor music & choreography beginning at the Xcel Gold level.

- The music and choreography is used for two seasons.
- Floor music and choreography cannot be issued if there is any financial balance due to APOLLO.
- The first selection of music will be from our recycled music collection.
 - These are songs that have already been used by another APOLLO Gymnast.
 - Once a gymnast retires from APOLLO their music/choreography is put into the recycled music selection and can be chosen immediately by any new optionals.

The music and choreography is property of APOLLO SCHOOL OF GYMNASTICS and CANNOT be used by a gymnast if they leave APOLLO.

Competitions

All gymnasts are expected to attend all meets on their schedule. We realize that sometimes a missed meet cannot be prevented. Our goal in choosing competitions is to find those that offer the best value and are the most competitive for our gymnasts and team. Coaches decide what competitions the team will attend and what events and levels the athletes will compete. **All team members will split expenses whether competing or not. Meet fees will not be adjusted for missed meets.**

APOLLO School of Gymnastics attends two kinds of meets: in-house and travel meets. ‘

- The Pre-Team Women’s and Men’s will only attend in-house meets.
- The Women’s Xcel Program and Levels 6-10 will compete in-house, in-state, and out of state meets (to prepare for regional and national competitions).
- The Men’s Level 4-10 will compete at in-house, in-state, and out of state meets (to prepare for regional and national competitions).

COMPETITION REQUIREMENTS:

- All gymnasts are expected to attend to their meets and any other function in proper attire, according to their competitive level.
- All gymnasts representing APOLLO School of Gymnastics at any function will wear the current team attire.
- No meet attire may be worn for daily practice in the gym as they need to be saved and clean for competitions.
- It is the gymnast’s responsibility to have his/her own grips and any other necessary equipment for meets. If they do not have their grips they will be scratched from bars events.
- Warm up suits and any other necessary equipment must fit in the bag during competition.
- All food and drink must be contained in the bag during competition. The coach will tell the gymnasts when they can eat their snack. Only nutritious and non-messy snacks may be sent in the bags for the competition. Suggestions are: water not sugared/colored drinks, string cheese, pretzels, cheerios, chex mix, bagels & fruit slices with hand wipes.
- If a gymnast requires taping for an injury he/she must come early to the meet for the coach to be able to give the attention needed to tape them properly.
- Gymnasts will perform all skills the week of the competition in order to compete at the upcoming competition.
 - If gymnast is not able to perform the required skills the gymnast may be scratched from that event during the competition and sit still required to complete the other events.
- Gymnast will perform all skills during the warm up of the completion.
 - If gymnast is not able to perform the required skills the gymnast will be scratched from that event during the competition and is still required to complete the other events.

- Any monies awarded through competition season will be placed in the equipment fund. Money in the equipment fund will be used to enhance Team APOLLO program throughout the season.
- **ARRIVE ON TIME** and stay through completion of awards and be courteous to all gymnasts. If an APOLLO Gymnast must leave early, they must leave before their awards and will receive them at the gym. Any gymnast leaving after their awards but before team awards may be scratched for the next meet.

COMPETITION TRAVEL:

- Families are responsible for all travel arrangements and expenses.
- Parents are responsible for transportation of their athletes to all meets.

COMPETITION SUPERVISION:

- Gymnasts will be returned to their parent/guardian immediately following competitions or exhibitions, unless otherwise notified by the coaching staff.
- At overnight stays all gymnasts must have a parent/guardian staying in their hotel room.
- Members of Team APOLLO may not stay with coaches or staff of Team APOLLO.

Competition Attire

WOMEN'S TEAM:

- All gymnasts are expected to wear their hair in correct fashion as indicated below. It is important that the hair be secure enough that it does not fall out during a meet. Judges can deduct for this!
- No nail polish of any kind may be worn for any level competition.
- The only jewelry allowed is one pair of small stud earrings in the lower lobes of the ears.
- All bras and undergarments must not show or hang out from leotards.

PRE-TEAM:

They must have practice sleeveless leotard. Team shirts and gym bags are available.

XCEL BRONZE & SILVER: They must have the:

- Competitive Team leotard, and the team t-shirt, black capri leggings and black flip flops.
- They are required to have the practice leotard for in-house meets, demonstrations and camps.
- Warm up suits and gym bags are available, but are optional. However, if they take a gym bag out on the floor during a meet it must be a APOLLO gym bag.
- Hair must be pulled back off their faces in braid or in a bun. No ponytails!

XCEL GOLD & PLATINUM & USAG 6+:

- They are required to have the practice leotard for in-house meets, demonstrations and camps.
- They are required to compete in the long sleeve team leotard.
- They are required to have the team shirt, black capri leggings, black flip flops and APOLLO gym bag.
- Hair must be pulled back off their faces in braid or in a bun. No ponytails!

MEN'S TEAM:

- All men's team members should have short, neat haircuts.
- All men's team members are required to wear team stirrup pants, step-ins, shorts, a warm up suit, white competition socks and team footwear.
- They are required to have a APOLLO gym bag.

ALL:

- We strongly advise every level gymnast to have a gym bag to carry their personal things. This is required for Xcel Bronze and up. **Gymnasts will not be allowed to carry anything out on the floor unless it is an APOLLO gym bag.**
- **No gymnast will wear grips unless recommended by the coach or required by level.**
- All gymnasts should attend the awards ceremonies and stay for the entire duration. Gymnasts should wear their team uniform. No leotard sleeves hanging down outside of the jacket or team shirt.

Meet Fees

All gymnasts on the APOLLO gymnastics Competitive Team are expected to attend and pay for all meets on the meet schedule.

USAG MEMBERS: All gymnasts competing Pre- Team, USAG Levels 3-10, women's & men's, and Xcel must purchase an annual membership in USA Gymnastics. Membership fees are set by USAG and purchased by the athlete's family through www.usagym.org. The fee for this is currently \$59.00.

MISSED MEETS/REFUND POLICY: We set the meet fees in September for the upcoming season. The total meet fee calculation is dependent on the number of gymnasts that are eligible to attend the meet at each level. Therefore, we cannot give refunds for people not attending meets nor can we allow a person to pick and choose meets to attend.

ADD ONS: If we add meets on to the schedule after the fees are set we may have an increase in fees. We try not to do this, but sometimes gyms add meets to the schedule later. We will always try to give our gymnasts the best choice of meets.

AUTO PAY: Those who wish to pay by cash or check must do so before the scheduled payment date so it may be credited to your account. If we do not receive your payment before the due date, fees will be automatically charged to your card on the due date. Again, it is **MANDATORY** that everyone gives an active credit/debit card number and fills out the Auto Pay form.

PAYMENT SCHEDULES: The meet fees are split into four payments. The first payment is a team commitment payment of \$250 due by August 1st, 2019 along with your team commitment letter and team forms. The remaining payments are split into three equal payments and are due on Sept 1st, Oct 1st, and Nov 1st.

DELINQUENT ACCOUNTS: If, for some reason, we are unable to charge your card on file and meet payments or monthly tuitions are not paid on time your gymnast will be stopped from competing. If this happens you are still held responsible for the **full** meet payments, including the missed meets. If you are on a payment plan and the payment plan is not followed, payment will be taken from your credit card on file within 10 days after each payment plan due date.

Injuries and Medical Issues

All injuries will be handled on an individual basis. As each injury is unique, so will be the solution and follow up. There are however a few musts for every injury.

- Injured athletes are expected to be at every practice unless advised not to by a doctor. When an athlete becomes injured it is our goal to concentrate on the areas of the body or the areas of training that we can improve while the gymnast is recovering. This philosophy is vital to staying on top of the game.
- If the injury is serious enough to miss practices, then your child should see a specialist, i.e. an orthopedic specialist. For our records you will need to submit medical documentation from the specialist identifying the injury and treatment and a doctor's release to come back to practice. (Notes from a pediatrician or general practitioner will not be accepted.)
- Any injury sustained by a gymnast should be brought to the attention of Coach Jessica for Women's Team and Coach Grant for Men's Team.
- Gymnasts with any special needs due to medical conditions, for example, asthma, must be responsible enough to be able to take care of those needs themselves or must have a parent/guardian present to assist them with those medical needs. Coaches will not be responsible to administer gymnasts' medications, treatments or any other medical necessities nor will they be responsible to remind gymnasts' of their medical needs. The coaches are in the gym to coach and ensure the gymnasts' safety in the gym. The gym staff does not have the knowledge to medically care for personal medical conditions and does not want to be held liable for doing or not doing so. All medical conditions should be marked on the gymnast's team paperwork as indicated.

Gymnast's General Conduct and Rules

- Any behavior or attitude in a practice or a meet that is having an adverse effect on the team will be grounds for removal from practice or a meet.
- Any recurrences of these behaviors will result in the gymnast being removed from the team permanently.

SOCIAL MEDIA: There will be no negative comments on social media sites by parents or athletes in reference to APOLLO School of Gymnastics, its coaches, its gymnasts, or staff members. We have a NO TOLERANCE policy regarding this matter. Any derogatory comments made on any source of networking sites, by parents or gymnasts, will result in immediate termination from our team program. Parents are encouraged to monitor their gymnast's behavior on social media sites to ensure this policy is followed.

Remember, each of you represents the APOLLO School of Gymnastics. We expect you to be courteous and respectable of each other, the coaches and guests.

LOCKERS/CUBBIES: Lockers are the property of the gym and as such may be opened at any time by gym staff. Lockers should be kept neat and free of all debris or defacement. Nothing is to be stored in the locker overnight. If a lock is used for a locker, it must be removed after each practice. The locker room must remain clean or it will be locked and team will not be allowed to use it. All water bottles must be placed in the gym on top of cubbies.

WOMEN'S ATTIRE: Gymnasts must wear proper leotards for practice. Gymnastic shorts are optional. No legging or loose pants allowed. Hair must be pulled off the face and securely fastened for practice. **Please remember that you are required to send your gymnast to practice with her hair done unless she is able to do her own.** No bangs hanging in the face. Please take pride in your appearance and take care for your own safety. If you can't see, you probably aren't safe. Gymnasts are required to have their belt on at practice. Purchase of new belts for \$5 will be charged to the card on file.

MEN'S ATTIRE: Gymnasts are to wear shorts and T-shirts for practice or step ins.

No jewelry. No food, gum or drinks (except water) in the gym proper. Please bring only nutritious snacks to eat during these times. No candy, pop, and greasy foods for snacks! Please make sure to clean up after yourself. Remember, it's your gym and it's only as nice as you keep it!

Only practices over 3 hours require a break. Only gymnasts participating over 3 hours will have snack time. Please clean up after yourself.

Parent's General Conduct and Rules

- Behavior of the parents at meets, camps, clinics, etc is a reflection on our gym as well as a reflection on our gymnasts. Please maintain integrity in your conversations at all gym related functions. We encourage our team parents to sit together at meets and any functions to form a more unified team and help support team morale. Cheering for your child and the other gymnasts is appreciated, but please do not attempt to get the attention of your gymnast during meets. We want gymnasts to focus on the meet and listen to directions given to them by the coaches.
- It is possible that a gymnast will have to leave our program because of the actions or inactions of his/her parents. While we never want to punish a gymnast for the actions of parents, we will not tolerate parents who by their words or actions do not support the policies and values of our team program.
- Please check your team folders located in the lobby of the gym when bringing your gymnast to practice. If you allow your gymnast to collect the mail from the folders, we cannot be held responsible for information that you did not receive. In addition to the folders, we also use a convenient email system for communicating. Please make sure that you have a current email address on file with us so you can stay informed.
- There are to be no parents beyond the viewing area. Not only can this be unsafe but it takes time away from coaching. If you need to contact your gymnast or a coach, please notify the office staff and they will assist you.
- All derogatory comments made on gym premises in regards to APOLLO School of Gymnastics and its programs will not be tolerated. If this happens the parent will receive a verbal warning. If this behavior continues the gymnast will be removed from our program.
- Parents and gymnasts cannot promote other facilities.
- No coaching your gymnast while in the gym. Safety is our priority.
- Any concerns should be brought to the attention of Management, not to other families.
- If your gymnast is practicing at home, please check with a coach on training suggestions and methods. Do not force your gymnast to practice at home.
- Pay your gymnast tuition and meet fees on time.
- Bring your gymnast to practice on time and pick up from practice on time.
- Ensure your gymnast gets enough sleep and enough proper nourishment.

Camps/ Exhibitions/ Private Lessons

APOLLO TEAM CAMP: The **APOLLO Team Camps are voluntary camps** for all of our women's and men's team members. It is beneficial for them to attend. They learn new skills and perfect skills they already have during these camps.

REGION 8 TRAINING CAMPS: There are also Region 8 training camp opportunities for the gymnasts. Your gymnast must be specifically invited to attend these camps. Region 8 camps help to support our regional gymnasts and they promote team building within the region.

EXHIBITIONS: The gymnasts must wear their APOLLO team uniforms to these functions.

PRIVATE LESSONS:

Private lessons, gymnastic classes, and/or open gyms with non-APOLLO staff is prohibited. Every gym has different teaching techniques and can hinder the learning progress that is designed specifically for your gymnast.

- Private Lessons can only be scheduled if tuition balance is paid.
- Private Lesson fees are: \$60/hour and \$30/ ½ hour for 1 gymnast.

Frequently Asked Questions

1. What does USAG mean?

It stands for USA Gymnastics. It is the sole governing body for the sport of gymnastics in the United States. USAG sets the rules and policies that govern gymnastics in this country. In order to compete in USAG meets gymnasts must be a USAG member. USAG has two main programs: the Junior Olympic program made up of Levels 1-10 and the Elite program which encompasses the international and Olympic level of athletes. APOLLO School of Gymnastics is a USAG gym. The meets at which we compete are USAG meets.

2. Once our child has been invited to Pre-Team/ Women's Team/ Men's Team, what do we need to do?

Initially, your gymnast will receive a invitation letter to attend 1 team practice, information brochure at the end of your rec class with a few forms to fill out: an automatic billing form, a travel and medical authorization form and a practice schedule form. There will be no commitment letter for you at this time. This allows you to participate in team practices so that you may better understand what is involved in becoming part of a gymnastics team before making your final decision. It also gives the coaches an opportunity to evaluate the new gymnasts and make a final determination. Then, in August you will receive another letter that will require your signature and the signature of your child inviting you to be a part of team. There will also be other forms to fill out and a team handbook. All the forms that are **green** must be filled out and returned to the front office. You will also receive a **white** gym registration form that must be filled out and returned. The team fall schedule, fees, meet information and team handbook should also be included in your **mailing**. Please read your handbook as it contains important information that you need to know as a member of team. If you have any questions, please feel free to ask. We understand that you are new to the world of competitive gymnastics and, therefore, no question is a silly one!

4. How are meets judged?

Often parents will be surprised at a score or the color ribbon given to their gymnast for an event he/she has performed at a meet. Having no falls on beam doesn't necessarily ensure that a gymnast will be getting a high score or a blue ribbon. The judges are judging many elements in a routine, i.e., body position, pointed toes, straight legs, the degree of a turn, how well a skill is performed. Yes, you may find a certain amount of bias in judging, but, for the most part, judges do try to remain objective when scoring. Here is the USAG Parent Link: www.usagym.org

5. Can I miss a meet?

See the handbook pages "Attendance Policy" and "Meet Fees".

6. How far in advance do we know when our gymnast is competing?

Initially, you are given meet schedules with dates for an entire weekend for each meet. Due to the process involved in hosting a meet, we usually do not know when each level is competing until about one or two weeks before the meet. There is a

deadline all gyms are given in which to register their gymnasts for a meet. Nothing can be scheduled until after that deadline when the host gym has a final count of all those who will be participating at each level. Only then can the host gym begin to figure out scheduling and how gymnasts will be grouped, considering, too, special requests for certain times. Finally, the host gym sends out the information to the participating gyms. If there are conflicts once the schedule is received, then there is further communication between gyms before anyone is notified of the schedule. We will distribute meet schedules to you as soon as we get the finalized schedules. Please do not distribute or accept the meet schedule as it appears on websites as it may not be the final schedule. Parents should **NOT** call the host gym to inquire about the meet schedule or about any other meet information. Any questions that you have about the competition should be addressed through your coach or Infinity office staff. This is normal industry protocol. Regarding your hotel reservation, families typically make the reservation as though they are staying Thursday, Friday and Saturday nights. Then they adjust the reservation as soon as they know the meet schedule. Always take heed of the hotel cancellation policy.

7. Do competitions charge admission?

Usually all the competitions charge an admission price for spectators. Gymnasts are covered by their entry fees. Fees typically range from \$10 - \$25, some also offer weekend passes. Just remember ***THEY ONLY TAKE CASH!***

8. Is there team practice during the summer?

Yes. For more information see the handbook pages “Attendance Policy” and “Moving Up Levels for Women’s and Men’s teams”. Team camps are scheduled during the summer.

9. When is our team commitment done?

Gymnastics is a year-round sport. Once your child has been accepted on team/pre-team, and you have signed their very first letter of acceptance, your child is considered part of team until we receive the 30-day written notice from you stating that you are withdrawing from team. This means that if you were on team for APOLLO the year before and you do not wish to continue for the next season **you must submit a 30-day notice**. Do not think that by simply not filling out your forms or not signing your acceptance letter for the next season that you have met this responsibility. Again, you must give your written 30-day notice and pay for those 30 days. **After the 30-day period your child is no longer a part of team.**

10. If I have additional questions, whom shall I ask?

If you have specific questions about your gymnast’s skills and progress in the gym, you should schedule a meeting to talk with the coach. The office staff can assist you in scheduling a meeting with the coach if needed. If you have any other questions not covered here the Coach Jessica and Coach Grant are here to help you. Remember, no question is a silly one!

Forms

THE FOLLOWING FORMS MUST BE COMPLETED AND RETURNED TO THE OFFICE BY **August 1st, 2019** along with your acceptance letter and the \$250 team commitment payment. Though most of you have filled out these forms before, we need new ones filled out each year. THE FORMS ARE FOUND IN YOUR PACKET ALONG WITH YOUR HANDBOOK.

- General Registration (on white paper)
- Team Registration
- Automatic Billing
- Commitment Letter
- Travel/Medical Authorization (Please fill out both sides and provide a copy of your insurance card.)
- USAG Form
- Handbook Signature Form
- Uniform Ordering Sheet

THE FOLLOWING INFORMATION IS ALSO IN YOUR PACKET. YOU MAY FIND YOU NEED THEM AT SOME TIME DURING THE YEAR. PLEASE READ YOUR HANDBOOK TO FAMILIARIZE YOURSELF WITH THEM.

- Team Fees/ Meet Fees
- Meet Schedule
- Financial and Time Responsibilities