

HAYDENS GYMNASTICS ACADEMY

COMPETITIVE TEAM PROGRAM

AND XCEL



CHAMPIONS FOR LIFE

DREAM IT..... SEE IT..... ACHIEVE IT.....

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WWW.HAYDENSGYM.COM

WELCOME

We would like to take this opportunity to welcome your family to the Haydens Gymnastics Academy “*Competitive Team Program.*” This handbook is being provided so that both parents and gymnasts have a clear understanding of what it means to be a competitive gymnast here at Haydens. (Because Haydens is becoming “green”, this handbook will not be distributed by hard copy but will be available through our website or through email.)

Most importantly, a strong family commitment is essential to the success of our athletes. Your job as parents is to encourage, support, and love your children. Your support and respect towards the coaches who will be working hard to help your children achieve their individual goals is crucial.

Please thoroughly read this handbook. Also, please be sure to visit our website for valuable information. The website is our parent’s tool for communicating with our office and for viewing your individual accounts.

Once again, thank you for making the commitment to participating in our Competitive Team Program, and we look forward to spending many years with your child.

Sincerely,

Haydens Team Coaches

Haydens Gym Team Philosophy

CHAMPIONS FOR LIFE

It is our mission at Haydens Gymnastics Academy to help our athletes strive to be the best they can be, in an environment that is both competitive and nurturing. We believe each child is given different gifts, talents and abilities and it is our mission to bring their abilities to fruition.

STUDENT GUIDELINES

GIRLS TEAM PRACTICE ATTIRE

- All female gymnasts must practice in a single piece leotard.
- **Hair must be pulled back for every work-out.**
- Please wear your team belts. Team belts are a great tool for body posture and helps remind the athlete, as well as the coaches, to hold your stomach in.
- NO SHORTS OR CLOTHES OF ANY KIND
- NO GUM

BOYS TEAM PRACTICE ATTIRE

- All male gymnasts must wear the specified Haydens team shirts (purchased in the Pro Shop) and it must be tucked into your shorts.
- Long stirrup pants may be required to pommel horse as a safety measure.
- NO GUM

On occasion, both male and female teams may be required to purchase additional uniforms. (example: state clinic or a camp event when team unity is preferred)

GYMNAST RULES AND CONDUCT

- No cell phones are allowed during practice
- All gymnasts are expected to attend all scheduled practices. If for any reason it is impossible to attend a practice, please notify your coach as soon as possible. A message may be left at 706-868-0608 or send an email to: haydensgym@aol.com
- Gymnasts should attend 100% of your required training sessions. Attendance will be taken and less than 80% attendance will require evaluation of the gymnast to remain in the level and or team she/he was placed. Decreased attendance reduces the rate of progress, competition readiness, but more importantly creates safety issues.
- Gymnasts cannot talk back to coaches, eye rolling or disrespect of any kind
- No unkind or vulgar language directed to coaches or teammates
- No unsportsmanlike conduct directed toward fellow gymnasts. Remember gymnastics is an individual sport, however, it is very much a team sport at Haydens and we should support our team members and friends.
- Gymnasts must report any outside activities to your coach. If this activity conflicts with the workout schedule, this matter will need to be discussed with your coach.

USAG TEAM PARENTS

Congratulations again for having your son or daughter invited to participate on one of our gymnastic competition teams! As was mentioned in our welcome letter, Team gymnastics requires a “family” commitment. Team gymnastics is a tough, year-round sport that requires long hours and complete dedication and without full family support, a gymnast may not succeed. This program is only for the truly committed.

Along with moral support and encouragement comes the necessity for financial support as well. Competitive gymnastics is different than recreational gymnastics in that recreational gymnastics requires a minimal time commitment at a substantially lower overall cost. By allowing your child to accept a position on our competitive team you must accept all that this position entails.

Competitive Gymnastics

- Ever increasing practice hours depending on gymnast’s level
- Increasing tuition costs depending on gymnast’s level
- Travel requirements (sometimes air fare is necessary), weekends away from home. Possibility of school time missed
- A team member commits to competing each year (exceptions: injury)
- Parents must commit to trusting our coaches to do what is in your **child’s** best interest.
- Parents must commit and understand the financial responsibility associated

XCEL TEAM PARENTS

What is EXCEL Gymnastics?

-An alternative USA Gymnastics competitive program.

Who is it for?

-Anyone who desires the challenge of optional routines and competition.

-Those wanting a limited time commitment.

-Those who love gymnastics

Benefits:

-Participants are able to experience optional competition without the huge commitment necessary for the JO Program.

-Fosters team work.

-Incentive to improve.

-Registered USAG XCEL Membership.

-Participation in USAG Sanctioned meets.

COMMUNICATION

Communication is the key to success in our program. Please refrain from trying to speak with your child's coach before or after their practice. This often causes the coach to be late for his/her next class and disrupts other students. Please email the coach or the Directors (coaches emails and positions can be found on our website: haydensgym.com) with any concerns or questions. You can also email us through the Parent Portal located on our website. **Please check our web site**

often at haydensgym.com to find pertinent information regarding our Competitive Team Program.

Once meets for the upcoming season are selected, our Team Competition schedules can be found on our website as well. We do our best to put a “link” to most meets, for your convenience.

TEAM COSTS

In order to give our parents the most economically friendly cost plan as possible, Haydens has come up with an “all inclusive” monthly tuition payment plan. Most gyms charge many separate fees and are constantly requiring parents to come up with additional monies for one thing or another or requiring large amounts of monies, (at various times of the year) which makes budgeting tight for many families. Our monthly tuition will encompass all standard costs associated with your child’s training and competition needs. Our “all inclusive” plan enables families to know on a monthly and yearly basis just how much they need to put aside for this sport. The only additional fees that will be necessary are a families personal travel expenses.

Your monthly tuition price was calculated to include, not only practice hours, but competition entry fees (5 or 6 meets plus state, regional & national competitions), coach’s fees and expenses (hotel room, transportation fees, etc.), Student USA fees, uniforms (as needed), banquet costs, Christmas Party expenses, coaches USA fees, & coaches continuing educational fees, allotment fees, head tax.

(The only fee that will be charged in addition to your monthly tuition will be the annual \$75.00 administrative fee which is used to cover the administrative work associated with all teams.)

It is important to understand that your monthly tuition is required to be paid regardless if your child is not competing for ANY REASON. There will be no adjustments or refunds to monthly tuition amounts. In the past, fees were separated from tuition. This will no longer be the case. A team student is

required to compete. (No exceptions other than injury, but tuitions are still due) If your child becomes injured they are still a team member, and with a doctor's approval, they are required to return to the gym for restricted training. No tuition is refundable or put "on hold."

Please be aware that Haydens does not have a Booster Club which allows fund raising to offset fees. Over the years we have found that many families are tired and unwilling to participate in fund raisers.

(**only families that were on team prior to 2013 and had previously chosen the 2 equal payments installment plan are exempt from the above payment plan. These families are "grandfathered." However, they are subject to any future tuition increases.)

MONTHLY TUITIONS FOR TEAMS

2013

GIRLS (JO PROGRAM)

Level 2	\$333.75
Level 3	\$348.75
Level 4	\$376.75
Level 5	\$381.75
Level 7	\$458.33
Level 8	\$508.33
Level 9	\$508.33
Level 10	\$508.33

BOYS

Level 3	\$355.00
Level 4	\$370.00
Level 5	\$398.00
Level 6	\$403.00
Level 7	\$491.67
Level 8	\$491.67
Level 9	\$491.67
Level 10	\$491.67

TRAMPOLINE & TUMBLING

Girls & Boys: \$370.00

XCEL

Bronze: \$242.00

Silver:

Gold:

Platinum:

PLEASE remember if an athlete's account is not current, your child will not be permitted to practice nor compete.

DEPARTURE FROM THE TEAM

Our coaches are always preparing each child for the upcoming competition year because that is the goal of "Team" gymnastics. Each and every year requires families to make a yearly commitment to participate as a team member. By accepting a team position it is imperative that you realize your commitment obligates you for a full year of financial liability. Your child may wish to leave the sport of gymnastics, but it is advisable to encourage them to wait until the end of the competition season and your anniversary date to do so. For existing team members your yearly anniversary date will be the date you started your 12 month payment plan. For new members your anniversary date will be the date you registered for team.

It is the responsibility of team members to notify Haydens Gymnastics Academy in writing 30 days prior to your intention to withdraw from the program and the effective date of the withdrawal. By accepting a position on one of our "Teams" you are accepting the liability of a full year of gymnastics which includes the total financial obligations for the year. (This clause is stated and agreed to on your contract which can be viewed through the Parent Portal.)

Verbal notification is not accepted. **ONLY A WRITTEN OR EMAILED WITHDRAWAL NOTICE** is acceptable.

PARENT CONDUCT

1. Please make every effort to have gymnasts at practice on time.
2. Encourage good diet and sleeping habits.

3. Do not train your child at home; offer support and love.
4. Leave coaching to the coaches and give them the support they need in order for them to do the best job they can.
5. Communicate with your child's coach.
6. Reward effort rather than results.
7. **DO NOT GOSSIP!** All parents are expected to be advocates of the gym and their coaches and in setting a **GOOD** example not only to other parents but most important, **TO THEIR CHILD!!!** Bring any concerns to coaches. **DO NOT AIR GOSSIP IN GYM AMONGST OTHER PARENTS.** There is never any positive outcome to this gossip spreading and can only harm the program.
8. **Parents ARE NOT permitted at practices,** except the last 15 minutes of each practice. The last week of the month is viewing week for all team parents. Please abstain from coaching and commenting to your child or coaches during any training/private sessions.
9. Always do your best.
10. Be impeccable with your words.
11. Don't make assumptions.
12. Don't take anything personal.
13. Be skeptical, but learn to listen.

MEET CONDUCT

1. Realize that detailed information regarding your gymnast's competition session is usually **NOT** available until the week prior to the actual meet date. **DO NOT CALL** the host gym for information. Please check the internet for meet updates. Arrive at gym **AT LEAST 15** minutes prior to warm-up time.
2. Parents **ARE NOT PERMITTED** on the gym floor during meets according to the USA Gymnastics Rules. Breaking this rule could result in disqualification of the gymnast and even the team!! **NEVER APPROACH A JUDGE OR MEET OFFICIAL.** If there is a problem with a score or age simply inform your coach and let them handle it.

3. Try to maintain a positive attitude with your child before, during and after the meet. Your attitude influences how your child feels and performs.
4. Never speak negative at a meet about other gyms, coaches etc...
5. Gymnasts are expected to stay with their team at all times during the warm-ups and meet. A gymnast is not allowed to go to the stands at any time during the meet to speak to parents.
6. ONLY coaches can determine the competitive readiness of the athlete. The coach may scratch an event at any time prior to or during a meet.
7. Gymnasts are expected to stay throughout the awards. DO NOT LEAVE UNTIL THE TEAM AWARDS ARE GIVEN.
8. Crying at meets is discouraged. Being positive regardless how a gymnast does can always be a positive learning experience.
9. Good sportsmanship is a priority and all gymnasts and parents are expected to display good sportsmanship AT ALL TIMES! Never talk negative about another gymnast or team during meets.
10. Never talk negative about your coach in front of your child. This greatly affects your child's training.

EXPLANATIONS

COMPETITIONS

The Haydens Gymnastics Director and coaching staff consider and decide which competitions each team will participate in during the season. Meets are chosen for various reasons; level of competition, travel experience, etc. Parents do not reserve the right to choose to participate or not participate based on their preferences.

USA GYMNASTICS FEES

Haydens Gymnastics Academy is a club member of USA Gymnastics, the sole national governing body for the sport of gymnastics. The national headquarters is located in Indianapolis, Indiana. USA Gymnastics meets are designed to protect the gymnast, provide fair and equitable conditions of competition, and promote uniformity in the sport so that no gymnast shall obtain an unfair advantage over another.

Athlete membership is required for participation in any USA Gymnastics sanctioned event. Haydens pays for your child's annual registration. The benefits of this membership includes:

- Secondary insurance coverage at USA Gymnastics sanctioned events
- Member decal
- USA Gymnastics Membership Card
- A subscription to USA Gymnastics Magazine. This is the official magazine of USA Gymnastics featuring famous gymnasts, training tips, coverage of major competitions, information on gymnastics camps and more....

Membership is valid for one competitive season. The competition season begins August 1st and ends July 31st

USA Gymnastics operates a comprehensive website that is an invaluable resource for gymnasts, parents and coaches. Visit the site at www.usagymnastics.org

UNIFORMS

Haydens Gymnastics Academy requires competition uniforms for all team gymnasts. Uniforms/Competition Leotards are on a two year design cycle but we retain the right to replace them sooner if we so choose.

BANQUETS & PARTY

Haydens Gymnastics Academy will be host an annual Christmas Party and an end of the year Banquet. This is to honor and award not only our hard working and dedicated gymnasts but our coaching staff as well. These events are not only special but create team unity. These events will be held at the venue of our choice and some families may be limited on the amount of those who are allowed to attend without charging a small fee.

Thank you for taking the time in reading this handbook. Please understand Haydens Gymnastics Academy first priority is the children. We hope that this handbook has given you a better comprehension of Haydens Competitive Team.

Parents and gymnasts need to sign the acknowledgements below and return it to Haydens Gymnastics Academy so we can keep proper files. It is MANDATORY that the signature page be signed. Remember, by signing this agreement you acknowledge your commitment and financial obligation to Haydens Gymnastics Academy.

ACKNOWLEDGEMENT FORMS

I have read the Haydens Competitive Team Program Handbook. I fully understand the responsibilities and privileges of the membership for the parents, as well as gymnasts. I also acknowledge that this agreement and my acceptance will continue through the duration of my child's participation on "Team" or until another version of this handbook is produced.

Gymnast Name _____ Team Level _____

Parent/Guardian _____ Date _____

I understand my responsibility to notify Haydens Gymnastics Academy in writing of the intention to withdraw from the team program and the effective date of the withdrawal. Failure to complete the withdrawal process could result in continued charges.

Parent/Guardian _____ Date _____

I understand that by signing below, I accept responsibility for the total financial obligation for all expenses incurred for my gymnast for each and every year my child participates on "Team".