

HAYDENS GYMNASTICS ACADEMY

COMPETITIVE TEAMS HANDBOOK

UPDATED 2015-2016



CHAMPIONS FOR LIFE

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

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706-868-0608

WWW.HAYDENSGYM.COM

WELCOME AND CONGRATULATIONS!

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

In order to be successful in the competitive program at Haydens Gymnastics, gymnasts must first possess a strong DESIRE to be a competitive gymnast. There are many fulfilling aspects to being a competitive gymnast, but there are

also certain aspects that are less appealing: the conditioning, the need for repetition, the aches and pains, etc. Regardless of these things, if a gymnast still has the desire to come back into the gym, over and over again, and passionately “wants it”, they more likely possess the DISCIPLINE to do what it takes to become successful. They must be willing to give 100% to everything they do, even the things they do not enjoy doing. When they don’t feel like coming to practice, they must possess the DEDICATION to come regardless, realizing that the time put into this sport is a necessary factor. Combined, these “3 D’s” are the foundation on which we build our program.

We also feel that in order for the gymnast to succeed in a healthy fashion, it is important that ALL persons involved, (coaches, gymnast and parents) work together. In order for healthy working relationships to exist we feel it is essential that the lines of communication are open between all three parties.

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.

BEING PART OF THE HAYDENS TEAM

Invitation to our Team

There are three ways an athlete can receive an invitation to join our team:

1. Athletes move up from our Hot Shots program.
2. Athletes can be selected from one of our Recreational programs

3. Athletes relocate from another gym. In this case, they will be invited to train with us for a designated period of time during which time we can evaluate their level. We reserve the right to assign an athlete's level and we do not guarantee you the same level as your previous team.

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.**
- NO SHORTS OR CLOTHES OF ANY KIND- (per individual coach discretion)
- NO GUM

BOYS TEAM PRACTICE ATTIRE

- All male gymnasts must wear the specified Haydens team shirts (purchased in the Pro Shop)
- Long stirrup pants may be required on 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: haydens@haydensgym.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.

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

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 – look for staff bios) 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. Please refrain from asking coaches about upcoming schedules, the office will send emails out notifying all parents of upcoming scheduling practices. On occasion, coaches will inform the gymnasts directly of upcoming schedule changes. Please, communicate with your children and make them aware that it is their responsibility to let you know when the coach gives them information. Don't underestimate your child, they are capable

of relaying information and should be encouraged to take responsibility for their sport.

DISCIPLINE

In most cases, discipline problems are minor and will be handled quickly and easily in the gym during workout. With discipline issues, we typically give them two warnings before we give a consequence. Consequences range from a brief time out period to being sent home (in extreme or persistent behavior.) In the event that the situation continues either with a **child or parent**, we will set up a conference to discuss the problems that we are having. If the situation cannot be resolved, we will ask the athlete and the family to leave our team.

TEAM COSTS

At Haydens Gymnastics we believe that the training, educational opportunities and the emotional support that we offer our athletes are valuable and important. The coaches not only spend time in the gym coaching your child, but they spend time at home working on skill development plans for each athlete, practice structure, reviewing educational materials and videos, and countless hours conferring as a coaching staff regarding the teams and individual gymnasts. This may be a labor of love, but it is still labor. Given the amount of time the coaches put into the competitive program it makes no sense to suggest that they do all this work only to lose money.

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 USAG fees, uniforms (as needed), banquet costs, Christmas Party expenses, coaches USAG fees, & coaches continuing educational fees, allotment fees, head tax.

Please keep in mind that our monthly tuition is based on four weeks per month, which is 48 weeks per year. This means there are **four weeks** of practice that can be missed due to holidays, vacation closings, weather, Friday competitions, etc. therefore, please do not ask us to give you a refund or credit if you decide to take a family vacation or send your child to camp during our regularly schedule practices.

(The only fee that will be charged in addition to your monthly tuition will be the annual \$75.00 membership 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. 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 doctor's approval) they are required to return to the gym for restricted training. An injured gymnast will be given a specific work-out plan tailored to what they are capable of doing, which will include extra conditioning or flexibility. (i.e. if a gymnast has an ankle injury, they would have an extended bar workout plus additional conditioning.) In some cases, the workout plan will be shorter than their regular hours. 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.

There is no longer any “grandfather” provision. All payments are due monthly.

CHOREOGRAPHY (NOT INCLUDED IN MONTHLY TUITION)

Level 6 through 6-10 (female gymnasts) need floor/beam routines choreographed generally every 1-2 years. The cost of the choreography is approximately \$350-\$400 which will include the time (3 sessions) to teach the routine. Music is selected by the coach. The coach may or may not ask for the gymnasts input into the music selection. This fee MUST BE PAID IN FULL PRIOR TO THE ROUTINE BEING STARTED.

XCEL CHOREOGRAPHY PRICES ARE INCLUDED IN TUITION.

MONTHLY TUITIONS FOR TEAMS

2015-2016

(All tuition increases will become effective with your individual anniversary date. These prices will stay in effect until the next update.)

GIRLS

Practice hours

Hot Shots	\$145.00	(16 hrs month)
Level 1	\$354.25	(24)
Level 2	\$354.25	(24)
Level 3	\$370.75	(36)
Level 4	\$401.55	(48)
Level 5	\$407.05	(60)
Level 6 – 10	\$545.83	(78)

BOYS

Level 4	\$392.00	(30)
Level 5	\$422.80	(48)
Level 6	\$428.30	(60)
Level 7-10	\$545.83	(78)

XCEL TEAMS

Bronze:	\$265.59	(16)
Silver:	\$295.59	(24)
Gold:	\$295.59	(24)
Platinum:	\$305.59	(32)

TRAMPOLINE & TUMBLING

Girls & Boys: Pre Team	\$145.00	(16)
Junior Team	\$303.85	(16)
Senior Team	\$381.10	(36)

LATE FEES: payments are considered “late” when they are received after the 10th of the month due to declined credit cards or insufficient funds. The late payment will be \$10.00.

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 (12 month)** 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 (12 months) of financial liability. Your child may wish to leave the sport of gymnastics, but it is advisable to encourage them to wait until 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. If you are choosing to withdrawal prior to your anniversary date please be advised that you will still be obligated for the entire balance of your contract and your final bill balance will be available through your parent portal. By accepting a position on one of our “Teams” you are accepting the liability of a **full year (12 months)** of gymnastics costs 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.

You agree that you will honor your yearly renewable contract regardless if you sign a new yearly Acknowledgement Form or not. For many reasons handout forms may not be returned or signed copies may be lost therefore it will be understood that your child will remain on our roster as a “Team” member from year to year unless you submit a written notice and your account has been paid in full.

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 through their Haydens email address or at haydens@haydensgym.com. PLEASE DO NOT TXT OR CALL COACHES ON THEIR PERSONAL CELL PHONES.**
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 or the main office. **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 20 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:

Haydens JO Mobility Requirements

To all Team Parents:

Before starting the upcoming competition season, we thought it might be helpful to outline what our goals and expectations are for each of our competition levels. We are setting our goals high in an effort to prepare our girls properly for the higher levels of gymnastics.

Most parents wonder and ask, "What does my child need to do to move up a level?", "How do I know if my child is doing well or is she progressing according to schedule?" These are understandable and reasonable questions for parents to ask about their children. In an effort to help clear up some of the concerns you may be having, we have come up with a guideline that will, hopefully, make the progression through the levels easier to understand.

With each level of gymnastics comes increasingly harder skills and an increased level of risk. We feel that by achieving the following scores at recognized USAG meets a child has not only mastered the skills needed for that level, but has

proven they are capable of performing each skill safely. Moving forward, we will be using the guide below when performing our evaluations.

GUIDELINES

Level 2's – must score a minimum of 36 and a 37 or above at two of the regularly scheduled meets during the season. They must also obtain level 3 skills during the summer and master them prior to next year's competition cut-off deadline. (Cut-off deadline to be determined by Head Coach)

Level 3's – must score a minimum of 36 and a 37 or above at two of the regularly scheduled meets during the season. They must also obtain level 4 skills during the summer and master them prior to next year's competition cut-off deadline. (Cut-off deadline to be determined by Head Coach)

Level 4's – must score a minimum of 36 and a 37 or above at two of the regularly scheduled meets during the season. They must also obtain level 5 skills during the summer and master them prior to next year's competition cut-off deadline. (Cut-off deadline to be determined by Head Coach)

Level 5's – must score a minimum of 35 or above at two of the regularly scheduled meets during the season. They must also obtain level 6 skills during the summer and master them prior to next year's competition cut-off deadline. (Cut-off deadline to be determined by Head Coach)

Level 6's – must score a 36 or above at two of the regularly scheduled meets during the season. They must also obtain level 7 skills during the summer and master them prior to next year's competition cut-off deadline. (Cut-off deadline to be determined by Head Coach)

Level 7's – must score a 36 or above at two of the regularly scheduled meets during the season. Qualify and compete at Regionals and finish in the top 8. They must also obtain level 8 skills during the summer and master them prior to next year's competition cut-off deadline. (Cut-off deadline to be determined by Head Coach)

Level 8's – must score a 36 or above at two of the regularly scheduled meets during the season. Qualify and compete at Regionals and finish in the top 8. They must also obtain level 9 skills during the summer and master them prior to next year's competition cut-off deadline. (Cut-off deadline to be determined by Head Coach)

Level 9's - must score at least a 36 at two of the regularly scheduled meets during the season. Qualify and compete at Regionals. Must qualify to Eastern Nationals. They must also obtain level 10 skills during the summer and master them prior to next year's competition cut-off deadline. (cut-off deadline to be determined by Head Coach)

These guidelines are not conclusive nor binding, and are subject to the Head coach's final decision. They are to be used as a base guideline for progression.

We want to wish everyone a successful upcoming season.

Haydens (HIGA)

Dan Hayden

Loretta Giancroce

Tunde Pentek-Johnson

Brandon Johnson

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
- 10% discount on apparel and merchandise sold through USA Gymnastics
- 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. USAG membership renewal is July 31st of each year.

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. We do encourage parents to participate in our exchange program. If you are asked to turn in a uniform we will credit your account for half of the cost of the uniform.

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 will be limited to parents/guardians and team member(s). Additional siblings and/or guests who wish to attend will be charged a fee.

Thank you for taking the time to read this handbook. Please understand Haydens Gymnastics Academy's first priority is the children. We hope that this handbook has given you a better understanding of terms necessary to participate on Haydens Competitive Teams.

Parents and gymnasts need to sign the Acknowledgement Form and return it to Haydens Gymnastics Academy so we can keep proper files. It is MANDATORY that the signature page be signed and that you understand that the Acknowledgement Form automatically renews each year. Remember, by signing this agreement you acknowledge your commitment and financial obligation to Haydens Gymnastics Academy for each year your child remains on the team. You also acknowledge the Team Commitment through occasional Parent Portal updates. If we fail to receive a signed Acknowledge Form and your child remains on our team roster you will still be obligated for yearly fees. Refer to handbook on how to withdrawal from Team.

LOCKERS

Lockers are given out to team members. We have a limited number of lockers and it may be required at some point for gymnasts to share lockers. If you are sharing a locker, please respect each others property. Everyone should at least once a month clean out their locker. Please do not leave open food or drinks in your locker. **HAYDENS GYMNASTICS IS NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS. Gymnasts will be assigned by groups to clean the locker area.**

ACKNOWLEDGEMENT FORM

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" and will automatically renew each year (12 months) upon my child's anniversary date. I also agree that my monthly payments (and any late fees) will be auto -drafted from either a credit card, debit card or automatic bank draft.

Gymnast Name _____ Current Level _____

Parent/Guardian _____ Date _____

I understand my responsibility to notify Haydens Gymnastics Academy in writing of the intention to withdrawal from the team program and the effective date of the withdrawal and any costs still due will be dependent upon our anniversary date. Failure to complete the withdrawal process will result in continued charges. Please also be aware that you may withdrawal at any time but you will still obligated to pay any and all fees due through the duration of your contract.

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" and I understand that this agreement will renew automatically on our individual anniversary date regardless if a new acknowledgement form is signed.

Parent/Guardian _____ Date _____

