

HAYDENS GYMNASTICS ACADEMY

TEAM MEMBER HANDBOOK

UPDATED June 25 2019-2020 -Safe Sport

25th ANNIVERSARY



CHAMPIONS FOR LIFE

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

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EVANS, GA 30809

706-868-0608

WWW.HAYDENSGYM.COM

[Email: haydens@haydensgym.com](mailto:haydens@haydensgym.com)

WELCOME AND CONGRATULATIONS!

We would like to take this opportunity to welcome your family to the Haydens Gymnastics Academy “*Team Program*.” This handbook is being provided so that both parents and gymnasts have a clear understanding of what it means to be a team 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. Communication with coaches and office staff is achieved through emails sent to: haydens@haydensgym.com

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.

Haydens Gymnastics has adopted USAG Safe Sport Policies. To view the policy please visit <https://usagym.org/pages/education/safesport/policy.html>

Sincerely,

Haydens Team Coaches

Haydens Gym Team Philosophy

In order to be successful in the team program at Haydens Gymnastics, gymnasts must first possess a strong **DESIRE** to be a gymnast. There are many fulfilling aspects to being a team 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 Recreational program through standard progression.
2. Athletes are selected from one of our Recreational programs
3. Athletes relocate from another gym. In this case, they will be invited to come be evaluated by one of our team coaches to assign the proper level within Haydens. 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 or jewelry**

BOYS TEAM PRACTICE ATTIRE

- All male gymnasts must wear the specified Haydens team shirts (purchased in the Pro Shop) (when available)
- Long stirrup pants may be required on pommel horse as a safety measure.
- **NO GUM or jewelry**
- **NO LONG HAIR causing safety issues. If hair is long it must be pulled away from face.**

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.
- Any student who reaches the age of 18 while still competing is required by USAG to take the Safe Sport test prior to being permitted to compete at any sanctioned event or compete at any sanctioned competition. The test can be found by logging into the usagym.org website. Currently, the Safe Sport test is free.

TEAM PARENTS

Congratulations again for having your son or daughter invited to participate on one of our gymnastic 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. Team 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 haydens@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 and our In-House competitions 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 any upcoming scheduling changes. 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.

Coach/Parent conferences are available during the month of September or October. The conference availability dates will be posted online for scheduling your conference. This is the time of year to discuss your child's goals and progression.

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 programs 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 if applicable.** EFFECTIVE 2018, USAG now requires parents to register and pay online their child’s USAG membership fees. (This is a new ruling which has been imposed for safety. Please see usagym.org for more details). 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 family’s personal travel expenses (if applicable) and the mandatory yearly Haydens Team Membership fee which is charged to your account on June 15th of each year.

Your monthly tuition price was calculated to include, not only practice hours, but competition entry fees (3-8 meets; whichever applies to your specific level). See Progression Chart for individual team meet allocations.

Your specific per team meet allocation number includes state, regional & national competitions, coach's fees and expenses (hotel room, transportation fees, etc.), uniforms (updated at our discretion), 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, missed Friday practices due to 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 scheduled practices.

(The only fee that will be charged in addition to your monthly tuition will be the annual \$75.00 standard Team Membership Fee. This fee will be drafted on June 15th of every year.)

It is important to understand that your monthly tuition is required to be paid on the first of each month and a valid credit card must be entered into the system. It is your responsibility to ensure that the credit card on file always has a valid expiration date. A late charge of \$10.00 will be added to all accounts that are paid after the 10th.

There will be no adjustments or refunds to monthly tuition amounts except those special exceptions that must be approved by management (ex: serious injury). Once refund cut off dates for meet entry fees have passed, team competition fees must be paid.

A traveling team student is required to compete. (No exceptions other than injury). 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 can do, 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." (Tuition cost may be adjusted to reflect reduced hours due to serious medical injury only.)

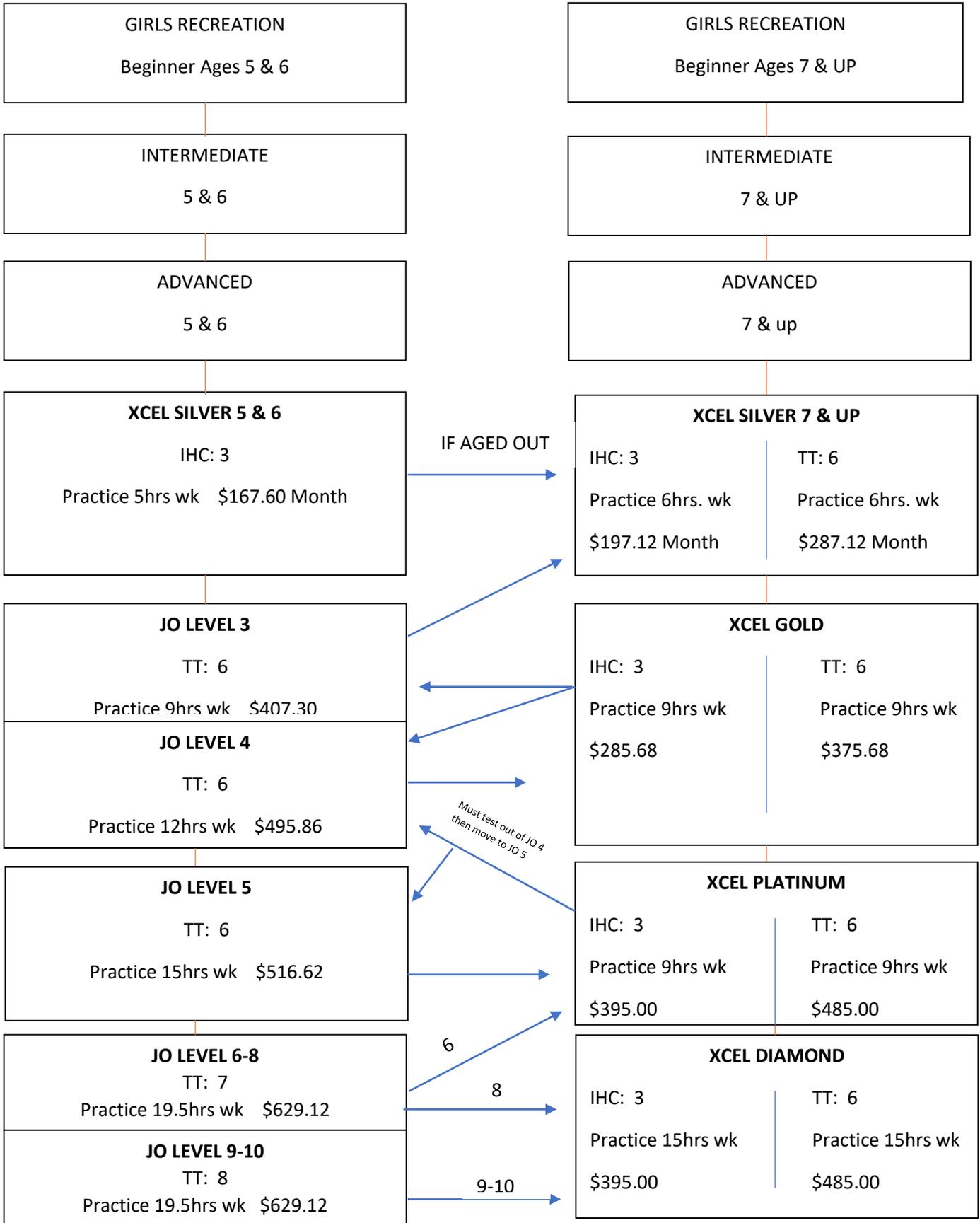
Please be aware that Haydens does not have a Booster Club which allows fund raising to offset fees. Over the years, we have found that many families are tired and unwilling to participate in fund raisers. We do, however, require parents to "Mandatory Volunteer" in assisting when Haydens sponsors gymnastics meets in our home area. This type of event does not happen often. The funds acquired from our portion of the proceeds from such a meet are used to improve the gym either through equipment purchases, building updates, coach training, etc.

CHOREOGRAPHY (NOT INCLUDED IN MONTHLY TUITION)

Level 6 through 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.

PROGRESSION CHART



TT = TRAVEL TEAM IHC = IN HOUSE COMPETITIONS ONLY
 EXAMPLE: IHC:3 = 3 TOTAL IHC PER SEASON

**MONTHLY TUITION FOR TEAMS
2019-2020**

(All competition fee increases will become effective with your individual anniversary date. Tuition increases are effective June 1st. These prices will stay in effect until the next update.

TEAM - GIRLS	DESCRIPTION	HRS/WK/MO	TUITION	COMP. FEES	MONTHLY RATE
SILVER - IHC	AGE 5&6 3 IN-HOUSE COMP	5/20	\$147.60	\$ 20.00	\$167.60
SILVER - IHC	AGE 7&UP 3 IN-HOUSE COMP	6/24	\$177.12	\$ 20.00	\$197.12
SILVER - TT	AGE 7&UP 6 TRAVEL COMP	6/24	\$177.12	\$110.00	\$287.12
LEVEL 3 - TT	AGE 6&UP 6 TRAVEL COMP	9/36	\$265.68	\$141.62	\$407.30
GOLD - IHC	3 IN-HOUSE COMP	9/36	\$265.68	\$ 20.00	\$285.68
GOLD - TT	6 TRAVEL COMP	9/36	\$265.68	\$110.00	\$375.68
LEVEL 4 - TT	6 TRAVEL COMP	12/48	\$354.24	\$141.62	\$495.86
LEVEL 5 - TT	6 TRAVEL COMP	15/60	\$375.00	\$141.62	\$516.62
PLATINUM -IHC	3 IN-HOUSE COMP	9/36	\$265.68	\$ 20.00	\$285.68
PLATINUM - TT	6 TRAVEL COMP	9/36	\$265.68	\$110.00	\$375.68
DIAMOND -IHC	3 IN-HOUSE COMP	15/60	\$375.00	\$ 20.00	\$395.00
DIAMOND - TT	6 TRAVEL COMP	15/60	\$375.00	\$110.00	\$485.00
LVL 6-8 - TT	7 TRAVEL COMP	19.5/78	\$487.50	\$141.62	\$629.12
LVL 9-10 - TT	8 TRAVEL COMP	19.5/78	\$487.50	\$141.62	\$629.12
TEAM - BOYS					
LEVEL 4		7.5/30	\$266.00	\$165.00	\$431.00
LEVEL 5		12/48	\$354.24	\$165.00	\$519.24
LEVEL 6		15/60	\$375.00	\$165.00	\$540.00
LEVEL 7-10		19.5/78	\$487.00	\$165.00	\$652.00

*IHC = in house competitions- leo will be provided

*TT = travel team (leo, warmup suit and bag will be provided)

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 **Competition Fees liability only**. 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 for them to do the best job they can.
5. Communicate with your child's coach through the Haydens email address at haydens@haydensgym.com. PLEASE DO NOT TXT OR CALL COACHES ON THEIR PERSONAL CELL PHONES. Texting or contact through a staff's personal emails is a violation of Haydens policy and the USAG Safe Sport policy. As per policy, if a coach does email you through a personal email they must include haydens@haydensgym.com. Student/coach correspondence is not permissible unless a parent and the gym is included in the email/txt correspondence.
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 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. Effective June 25, 2019 parents/guardians (limited to 2 adults per training session – due to space and safety limitations) ARE permitted at practices as per the Safe Sport Policy. Currently the Safe Sport policy requires gyms to allow viewing of practice sessions, either using our three observing lounges, (upstairs and downstairs main reception areas or our Cheer gym seating area) or by video. At this point in time we have our observing areas open, but upon completion of our video system, we reserve the right to limit parents to viewing through our video system. If, and when, we complete our video viewing technology, a password will be given to families to use for online viewing. There will be a password that is to be used only by active members parents/guardians and any misuse and/or distribution of this password other than the parents/guardians will result in a violation of the Safe Sport policy making the member liable under USAG. Safe Sport also allows gyms to set up parameters for appropriate viewing by parents or guardians. It allows gyms to prohibit a specific parent or guardian from physical access if it is felt that the parent or guardian is not respecting the coach-athlete relationship or found to be interrupting a training session in any way.

Fair notice will be given before a parent and or guardian is restricted from viewing access:

-First misconduct offense will result in a verbal or written warning

-Second misconduct offense will result in a 2 week suspension from viewing

-Third misconduct offense may result with your child being asked to leave the gym or viewing suspension of up to 2 months.

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. IN-HOUSE meets will be listed on the competition schedule on-line and emails will be sent out.
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. Parents must be available immediately following the meet to receive their child. Coaches usually have to go immediately to another session, they do not have the ability to hunt down parents.
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

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 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.

COMPETITIONS

Administration and the Head Coach 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 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. It is now the parents of each athlete's responsibility to register and pay for their child's USAG membership on a yearly basis. The benefits of this membership include:

- 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

Students who do not have their membership renewed at the appropriate renewal time, will not be able to be registered for meets. The office is not responsible for missed meets due to non-registration.

UNIFORMS

Haydens Gymnastics Academy requires competition uniforms for all team gymnasts. Uniforms/Competition Leotards are updated at Management's discretion but are usually replaced every two years. Sometimes, leotards or warmups will be worn longer if quality and price were high and/or a style was only worn 1 year by most of a team. When this is the case, 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.

CHRISTMAS PARTY

Haydens Gymnastics Academy will host an annual Christmas Party (where parents and Haydens contribute their favorite dish as food for the event) in which both IHC Team Members and TT Team Members are invited. This event will be held at the venue of our choice and be open to all Team family members.

TRAVEL TEAM END OF YEAR BANQUET

Haydens Gymnastics will host an end of the year Banquet (catered) for all Travel Team Members. This is to honor and award, not only our hard working and dedicated gymnasts who have competed against gymnasts from around the country, but our coaching staff as well. This event 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.

COMMON AREA

Haydens provides a common area to staff and students to be used for storing personal belongings, obtaining ice for water bottles or for icing injuries. This room is monitored for your safety and the safety of your belongings. The door to the reception room area is to remain open.

This area is NOT DESIGNATED A CHANGING AREA! Any changing required must be done in the appropriate bathroom.

When medical care is being administered, a second adult will be observing through the open door in the gym in addition to the monitoring system.

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 other's 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.**

MASSAGING/ICING/TAPING

No massages, icing or taping will be administered by any coach or staff member unless a release form has been signed by parents or guardians. Haydens will comply with the Safe Sport policy guidelines.

ATHLETES REACHING AGE 18 WHILE STILL AN ACTIVE STUDENT AT HAYDENS

Any student who reaches the age of 18 while still an active member of Haydens must complete the USAG Safe Sport course before being permitted to participate in any practice session or competition.

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

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.

Haydens International Gymnastics Academy (HIGA)

TEAM ACKNOWLEDGEMENT FORM

I have read the Haydens 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 or debit card for the entire 12- month period.

Gymnast Name _____

Parent/Guardian _____ Date _____

Parent/Guardian _____ Date _____

(Both parent's signatures are required)

I understand my responsibility to notify Haydens Gymnastics Academy in writing (30 days prior) of the intention to withdrawal from the team program. Please note that you may withdrawal at any time, but you are still obligated to pay any and all Competition fees/charges due through the remainder of your contract. All competition attire is the property of (HIGA) until contract is fulfilled.

Any Fee costs still owed will be dependent upon your 12- month payment plan anniversary date. Failure to complete the withdrawal process could result in continued charges. 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 my individual anniversary date regardless if a new acknowledgement form is signed.

Parent/Guardian _____ Date _____

Parent/Guardian _____ Date _____