



## **NEW TEAM FAMILIES—PLEASE READ!**

### **Team News & Information vs Stars Program/Recreational News & Information**

As a team member, your child is no longer a part of the Stars Recreational program. The information handed out to recreational students will NOT apply to your team member or your family. Everything you receive and read, should say 'TEAM' on it.

Session dates, tuition, practice schedules, parent information and almost everything is different for team than it is for recreational students. Do not view the Recreational Class schedule. It will confuse you. Do not read Recreational newsletters. It will confuse you.

You may see schedules, handouts and newsletters in the lobby of the gym, in the flyer rack or at the front desk. They are NOT for you. In a normal year, we have over 500 recreational students and only 60-70 Team members. The majority of our communication is for the recreational program. It will be in plane sight, but it is not for you.

#### **How do you know what is for you??**

- 1) Get in the habit of checking your email frequently. Set up alerts. Watch for incoming information. Email is our primary method of communication. *If you aren't able to get on board with checking email, you must have someone on your account who is.*
- 2) Team members may also receive printed handouts. They will say "TEAM" on them.
- 3) Communication— All of your communication should go to Teams@Stars-Gymnastics.com. *Stop emailing CustomerService or Accounts or sending messages from our website.* Use the TEAM email address and stick to it.
- 4) You may receive emails from our primary registration system or from specific employees (Alyssa, Adriana, Savannah, Lorena, etc), but if you need to get in touch with us directly, use the Team email address. Teams@Stars-Gymnastics.com. Add it to your contact list.
- 5) The majority of our staff works for the recreational program. Alyssa is our team manager. You may leave a voicemail for her if you are not able to email.
- 6) Special Events: Camps, Clinics, Showcase, Parents Night Out, etc—Are for everyone, including Team members!

### **COVID -19—TEAM MEMBER UPDATE**

I would like to remind everyone that COVID-19 is still a concern. Everyone must do their part to follow the CDC guidelines. If you have any symptoms or come in contact with anyone who does, please do not come to the Stars Gymnastics Facility.

Symptoms Include: Fever or Chills, Cough, Shortness of breath, fatigue, body aches, headache, new loss of taste or smell, sore throat, congestion, nausea or vomiting, diarrhea.

#### **Please read through the following policies.**

**TEAM MONDAY, WEDNESDAY & FRIDAY PRACTICE— DROP off your student at the BACK DOOR. NO FRONT DOOR**  
For everyone's safety, the back door will be locked for the rest of the night, at 5:35pm.

- Only ONE person per enrolled student will be allowed to enter. It is recommended that you only watch practice 1 time per week.
- Pick Up Time - Please park in the parking spaces in front of the facility. Do not park or wait along the curb. We don't want to draw any attention to our facility. Coaches will walk the girls out and help them find you at the end of practice.

\*\*Please make sure your student wears a facemask upon entry. Also, remind your girls to use hand sanitizer once they enter. • In the past, the students have had the OPTION to wear a facemask during practice. It will still be an option, however, at this point we strongly recommend that the kids do wear a facemask as much as possible during practice. Coaches will remind them of this.

Parents - Please do NOT stand around in the lobby or around the practice area. You must be seated on a YELLOW marker in the bleachers in order to remain inside the facility. They will use hand sanitizer on the way out.

**TEAM: TUESDAY, THURSDAY OR SATURDAY PRACTICE** — We will continue to use the front door with a line and covid screening on these days. However, you may still drop off your student at the back door and pick up in the front at the end of practice.

### **Don't forget...**

- ◇ Arrive dressed for practice and ready.
- ◇ Bring a Backpack—. **Inside your backpack:**
  - Water Bottle.-Hair brush, extra rubber bands,
  - Once you arrive, you may put your shoes, sweatshirts and other clothing into your backpack.
  - Level 3 and higher team members have a 5-10 minute break due to their long practice hours. Remember to bring a healthy protein snack. **You may not share your snack with anyone!**

### **Parents in the gym**

Due to Covid-19 restrictions, we are still limited to the number of people who can be inside the facility at one time. Please limit yourself to staying inside the gym throughout practice to only one time per week. It will also give your girls the chance to gain some independence and focus on the goals that they set for themselves.

Thank you.

