

# Welcome Gymnasts!

We are excited to have you as a part of our recreational gymnastics program! We are excited to work with your gymnast(s) in a fun and enthusiastic environment. If you feel that your child is in a class that doesn't complement his or her needs, please let us know at the front desk or via email, so we can evaluate their class level. We want to be sure your gymnast is placed in the appropriate class.

## General Information:

### **What is North Crest Kids Activity Center's purpose?**

We exist to inspire kids to achieve their full potential in the disciplines of dance and gymnastics by providing quality programming, because we believe that kids can do amazing things when they have someone who believes in them unconditionally!

### **What is North Crest Kids Activity Center's goal?**

To promote physical, emotional, and social skills supporting the discovery of one's personal excellence.

### **What is Recreational Gymnastics?**

Recreational Gymnastics at North Crest consists our Sweet Pea's Programming, Girls Beginner-Advanced and Mini Muscle-Muscle Men 3 Classes. Recreational Gymnastics is for students who enjoy gymnastics one or two times per week as an athletic hobby. It is a great opportunity for young students to develop listening and attention skills for school readiness while being active and engaged.

### **What do I do if the class I am registered for is too easy or too hard?**

If you find that your child is in a class that doesn't compliment their needs, please let us know at our front desk or via email. We have several options and want to see your gymnast(s) placed in the correct class!

### **Where do I go and who do I talk to if I have a question?**

**When you are at North Crest:** Our staff at the front desk would be happy to answer your questions about classes, payments, scheduling, facility closures and special events.

**If you are out and about:** The best way to reach us is by emailing us at [office@northcrestkids.com](mailto:office@northcrestkids.com). This allows our staff the time to get the most accurate answer for you. You can also call us at 320-251-3416.

## **Gymnastics Class Specific Information:**

### **What does my child need for gymnastics class?**

Your gymnast will need a labeled plastic or metal water bottle (no glass please). We have a drinking fountain the kids can use, however this does take away from class time and is not recommended.

### **What clothing should my gymnast wear to class each day?**

Please note for both boys and girls: tighter fitting athletic apparel that stretches with your gymnast is always best.

Appropriate class-wear options: Leotard, compression t-shirt, tight-fitting tank top, shorts, leggings. Tights are only allowed if they can be pulled up above the foot.

Apparel & Accessories **NOT ALLOWED:** Anything loose or baggy (this includes leotards with attached skirts or tutus). This will/can get wrapped around equipment and coaches, which can lead to serious injury to the gymnast and/or coach. Crop or midriff baring top, to avoid pinching skin on equipment. Layers, we don't want kids to lose things in the gym so please don't layer clothing. Socks or footed tights can not be worn in gymnastics class; they make it slippery for the gymnasts and can lead to injury. Watches and jewelry. We recommend leaving this at home where it is less likely to be lost.

### **Where can I purchase gymnastics attire?**

Our pro-shop sells a variety of clothing and other apparel items that will meet all of your class needs. This includes leotards, unitards, compression shirts and athletic shorts.

An annually themed class apparel (male & female options) will be available for a limited time with limited supply, so be sure to watch for communication as this is often a highlight for our students and they enjoy wearing their North Crest apparel for our Showtime Showdown mock meet and Summer Splash showcase.

### **How should I prepare for class each day?**

Please bring your child to class in the proper attire, with hair pulled back, a smiling face, and a pre-practice bathroom break. Jewelry should be removed prior to class and left at home. Please explain to your child that they can ask if they need to go to the bathroom, but it is best if they can go before or after their class, so they don't miss out on the fun or the instruction time!

### **Where can we put our shoes, coats, extra clothing, etc.?**

Street shoes are not allowed inside the gym. Please make sure your belongings are together and with a parent or in the cubbies by the bathrooms. Please do not leave belongings in the main lobby or by the gym door.

## How is gymnastics class structured?

All of our instructors follow a monthly lesson plan that includes stretching, stations, technique and fun! Instructors will engage with all students in a positive and affirmative manner while giving them a quality gymnastics education. The class will always begin with attendance, so please be on time. The class will always end with encouraging words and parent communication if necessary.

### **Sweet Pea classes held in the Ocean Gym:**

- Gymnasts will start with a warm up and stretch, during which kids are encouraged to interact and participate.
- The class will rotate around different stations where they will learn how to stay with a group and understand and follow directions.
- Our lesson plans will build on those classroom management concepts while introducing your child to physical activities that will engage their imagination and develop fine and gross motor skills, strength, coordination and introductory gymnastics fundamentals.

### **School Age classes in the Main Gym:**

North Crest offers multilevel programming where children progress from level to level at their own pace. Classes are divided into groups according to age and ability. Great care is taken to teach and review skills in a thorough and progressive manner to alleviate gaps that might restrict their gymnastics potential in later years. Gymnasts generally remain in each level for up to a year or more before acquiring all of the skills necessary to advance

### **Mini Muscle**

- Gymnasts will start with a warm-up, stretch and trampoline. During this time the gymnasts will learn the basic body shapes of gymnastics that will be used throughout the practice.
- Gymnasts will have four 10 min. rotations. Mini Muscle will see vault, floor, bars and rings/mushroom. They will be working on the appropriate gymnastics skills for their level, while also learning body awareness and gaining strength.
- Our Mini Muscle class is structured around an appropriate curriculum for boys, 5 and 6 years old. This class is designed to begin transitioning children to the big gym and prepare them for an hour long class. The gymnasts will be working on progressing through their skills that will prepare them for Muscle Men 1.

### **Muscle Men 1 - 3**

- Our Muscle Men 1 and 2 is structured around an appropriate curriculum for boys 6 years or older. It will work the next level of men's gymnastics skills and increase their strength, flexibility, and knowledge of important body positioning skills pertaining to gymnastics.
- Our Muscle Men Level 3 is structured around an appropriate curriculum for boys that have finished Muscle Men 2.
- All gymnasts will start with a 10-minute warm-up and stretch. During this time the gymnasts will learn the basic body shapes of gymnastics that will be used throughout the practice.
- Gymnasts will have 10 min. rotations. They will vault, floor, bars and rings/mushroom. They will be working on the appropriate gymnastics skills for their level, while also learning body awareness and gaining strength.
- Each event has assigned conditioning to help build strength to help with learning and perfecting each skill.

### **Girl's Beginner - Girl's Advanced**

- Gymnasts will start with a 10-minute warm-up and stretch. During this time the gymnasts will learn the basic body shapes of gymnastics that will be used throughout the practice.
- Gymnasts will have 10 or 20 min. rotations. They will touch vault, bars, beam, floor, and tramp each week. They will be working on the appropriate fundamental gymnastics skills for their level and also learning body awareness and gaining strength.
- Each event has assigned conditioning and drills to help build strength to help with learning and perfecting each skill.
- Each class will be following predetermined lesson plans provided by the recreational gymnastics director. There will be a focus on progressive learning through shaping, strength and technique. This will ensure that the skills will be learned and performed properly, to lower risk of injury and so they can progress onto more difficult skills.

**Our Objectives:**

- To develop strength, flexibility, coordination, and kinesthetic awareness.
- To develop self-discipline and the ability to concentrate on and analyze physical movement.
- To instill physical activity as a daily part of life.
- To develop a positive self-image and self-confidence through the acquisition of gymnastics skills.

**I have a young gymnast in the Pre-School Gym. What if they are nervous to leave me during class time?**

We handle this often. Do not be embarrassed; many children go through anxiety of some sort in a new environment. Let us help you! If you need to come inside the gym during the first or second week of class, please know you are welcome to sit by the group and allow your child to sit near you or on your lap. We will include them gently until they are ready to fully participate. Don't feel you are wasting your time or your child's time, we know that children still learn a great deal through observation. If you take the time to help ease your child into class, the benefits will be well worth it and your child will feel great about their accomplishment! Please note; we do ask that you remove street shoes prior to entering the gym.

**What is my role as a parent or guardian to a gymnast?**

To be their cheerleader! Encourage and support them through the process of learning to become a gymnast. Watch their "meets" when they are eager to perform what they have learned in classes for you. SAFETY NOTE: We encourage gymnasts to save any "flipping" for in the gym with proper matting and spotting. If they are doing any gymnastics at home, be sure they are clear of any furniture and breakable items. Remember to keep an eye on your email for important announcements frequently; this is our primary source of communication with parents and families.

## **Gymnastics Showcases:**

**How many showcases are there?**

All North Crest gymnasts (3 Pea+) are encouraged to participate in two showcases, one in August and one in March.

**What is the difference between Summer Splash and Showtime Showdown?**

**Summer Splash** "Summer Splash" showcases what our North Crest students have learned over the summer months. Parents, family members and friends get to sit in the big gym while gymnasts show off skills on each event. Recreational Dancers will perform the dances they have learned over the summer as well. Afterwards, weather permitting, we will open the garage door and allow families to play outside in the backyard while enjoying a customer appreciation picnic! Always a fun way to end our summer classes and it gives us an opportunity to say "Thank You" to our customers!

**Showtime Showdown;** Gymnasts love to show off what they have learned throughout the fall and winter months at our mock gymnastics meet, "Showtime Showdown". Parents, family members and friends get to sit in the big gym while the gymnasts show off routines that they have learned on each event. We also have some of our competitive North Crest gymnasts perform at this event. This allows gymnasts to see what they are working towards and what they could be capable of!

## **What is Team North Crest Wolfpack?**

North Crest Wolfpack is our USA gymnastics affiliated competitive team. Our gymnasts represent North Crest at seasonal gymnastics meets at the local, state, regional and national level. Recreational gymnasts have the opportunity to join Team North Crest by invitation or assessment only. This assessment will include a two week trial in the appropriate level. If your athlete is interested, please request the Team director's information at the front desk. Tryouts are open to anyone interested in May of each year.

### **Pre-Competitive Programs:**

Here at North Crest we have 5 different pre-competitive programs. Our first two are for our Boy's Pre-Team. We have our Boys Pre-Team I (one-day) and Boys Pre-Team II (two-day). These programs are designed to prepare boy's ages 4-7 for our Men's competitive program. Additionally we have our Girl's Pre-Team Intro, Girl's Pre-Team I (one-day) and Girl's Pre-Team II (two-day). These programs are designed for girls ages 3-7 to prepare for our Women's competitive program. Another pre competitive training option is our Training Xcel program. This program is designed for girls ages 8+ to prepare them for the USAG XCEL program.

### **USAG Competitive Women's Developmental Program: Levels 3-10**

Levels 3-5 are compulsory in nature, this means that all athletes compete the same routines and skills. They must meet a minimum skill requirement and earn a qualifying score at a sanctioned gymnastics meet to compete at the state levels and to move up to the next level. These girls practice up to 10.5 hours a week. Levels 6-10 are optional in nature. This means gymnasts learn individual routines on each piece of equipment that meet specific skill requirements. They must achieve minimum skill and score requirements to compete at the State, Regional and National levels and to move up to the next competitive level. These girls practice up to 20 hours a week.

### **USAG Competitive Women's XCEL Program: Bronze, Silver, Gold, Platinum & Diamond**

The Xcel program is designed to offer a broad-based, affordable competitive experience outside the traditional Compulsory and Optional programs to attract and retain a diverse group of athletes. Xcel is a 5 level program. These levels are Bronze, Silver, Gold, Platinum and Diamond. These girls train anywhere from 6 to 9 hours a week depending on level. The Xcel program is optional in nature, this means gymnasts learn individual routines on each piece of equipment that meet specific skill requirements.

### **USAG Competitive Men's Developmental Program: Levels 4-10**

Our Men's Team ranges in age from 6-18 years old. Levels 4-7 are compulsory in nature, this means that all athletes complete the same routines and skills. Levels 8-10 are optional, this means gymnasts learn individual routines on each piece of equipment that meet specific skill requirements. Boys have the opportunity to compete at the State, Regional and National levels and must have a specific skill set to move up to the next level. These athletes train anywhere from 6 to 20 hours.

## **Important Dates for Recreational Gymnastics 2022-2023**

**September 11th-** First day of school session recreational classes.

**October 20th-** MEA; classes will remain in session.

**October 29th-** North Crest Trunk or Treat & Open Gym, 1:00-3:00pm

**October 31st-** Halloween; classes will remain in session.

**November 24th & 25th-** Thanksgiving; North Crest closed.

**November 25th-** Shop 'Til You Drop, A specialty PNO, 4:30-9:00pm  
Visit our website for more details.

**December 23rd through January 1st-** Christmas & New Years; North Crest closed.

**January 2nd-** Classes resume.

**January 9th-** Winter Dance Performance at the Paramount. Come show your support!  
Tickets available online at [www.paramountarts.org](http://www.paramountarts.org)  
4:00pm Show time, Doors open at 3:30pm.

**March 4th-** North Crest Gymnastics' Showtime Showdown; Times TBA

**April 7th through 9th-** Easter; North Crest closed.

**April 17th through 20th-** Picture Week; during regularly scheduled class times.

**May 15th through 18th-** Last week of recreational gymnastics classes.

**May 20th-** Spring Dance Performance. Come show your support!  
Venue and Times TBA.

\*Be sure to look at TeamApp for inclement weather closings, updates to the above important dates as well as when our special events such as Parent's Night Out and Open Gyms are happening.

## **North Crest Preschool Gym Rules**

1. Gymnasts need to wear tight fitting apparel with no midriiffs showing. No jewelry, skirts or flowy materials are allowed.
2. Gymnasts need to stay with their instructors during class.
3. If a gymnasts' ride is not here when class is over, they should find their instructor to call their ride or to wait with until their ride arrives.
4. Be sure to use the restroom before class starts. If you do have to use the restroom, let your instructor know.
5. Only one gymnast can leave the gym at a time, except in case of emergencies.
6. Please keep your hands to yourself.
7. No disrespectful or hurtful words are allowed.
8. It is best for the gymnasts when parents view class from outside of the gym.
9. We recommend bringing a water bottle to class.
10. Only water is allowed in the gym. Food and other beverages need to stay in the hall.

## **Discipline Policy**

**1st Warning-** Verbal reminder will be given to the gymnast.

**2nd Warning-** Gymnast will be asked to sit out for 3 minutes, instructor will communicate with a parent/guardian after class.

**3rd Warning\*-** Gymnast will be asked to take a break outside of the studio and will be welcomed back after they are able to reset their behavior.

They may be asked to sit behind our front desk if the parent/guardian is not in the lobby.

\* Reoccurring issues will result in an email communication with a request for a parent/guardian to remain in the building for the next 30 days during classes.

## **North Crest Big Gym Rules**

1. Gymnasts need to wear tight fitting apparel with no midriffs showing. Jewelry, skirts and flowy material are not allowed.
2. Gymnasts need to stay with their instructors during class.
3. If a gymnast's ride is not here when class is over, they should find their instructor to call their ride or to wait with until their ride arrives.
4. Be sure to use the restroom before class starts. If you do have to use the restroom, let your instructor know.
5. Only one gymnast can leave the class at a time, except in case of emergencies.
6. Please keep your hands to yourself.
7. No disrespectful or hurtful words are allowed in the studio.
8. Parents are not allowed inside the gym.
9. We recommend bringing a water bottle to class.
10. Only water is allowed in the gym. Food and other beverages need to stay in the hall.

## **Discipline Policy**

**1st Warning-** Verbal reminder will be given to the gymnast.

**2nd Warning-** Gymnast will be asked to sit out for 3 minutes, instructor will communicate with a parent/guardian after class.

**3rd Warning\*-** Gymnast will be asked to take a break outside of the studio and will be welcomed back after they are able to reset their behavior.

They may be asked to sit behind our front desk if the parent/guardian is not in the lobby.

\* Reoccurring issues will result in an email communication with a request for a parent/guardian to remain in the building for the next 30 days during classes.