

SPIRIT GYMNASTICS TEAM

TEAM PARENT GUIDELINES FOR A SUCCESSFUL SEASON

Welcome to a new season of team gymnastics on the Spirit Gymnastics Team. We have recently completed a very successful season which included many Champions and medal winners in our League Championships, the Keystone Games, and the PA State Championships for each level. While not everyone becomes a Champion; all of our team members experience the thrill of competing in both noncompetitive and competitive meets. They all learn the concept of team work, developing strength and skills, supporting their team mates, and learning the lessons of competition. At the same time, they learn the importance balancing family, religion, school, and practice obligations. These all constitute the topics that will be with them for their entire lives. With this being said, we have compiled information on the guidelines for members and families in the Spirit Gymnastics Team program.

A. Team members practice all year long. In fact, Summer practices (June 1 - August 31) are more intensive as each team member attempts to learn new skills for the next level. Vacations are normal (we have 4 extra weeks in our fee payment schedule for vacations, illness, homework -"school work comes first"-and school functions) and are welcome; but taking the Summer off totally is not acceptable and would likely be a reason for removal from the team program. Gymnasts and families who take more time off must be aware that their skill development and physical fitness will be affected by their absence. There will be no interruption of the monthly tuition requirement for these excessive absences.

B. **Level 1, 2, Xcel Silver & 3 Meets**: Three PPGL league meets are required to qualify for Championships (One of those is a Spirit PPGL Snowflake meet in January). Our league has members in Quakertown, Bensalem, Pottsville, Wilkes Barre and Scranton. There are several Spirit home meets that are required. Spirit home meets include the Ready Set Go in October, the PPGL Snowflake in January, the Dalmatian Classic in February and the Keystone Games in April. Remember, our philosophy is that meets are the purpose for training. With that being the case, we highly recommend that you participate in more meets than the minimum required.

C. **Level 3+, Xcel Gold and up meets**: Each of these levels has required meets. These meets and those levels which are obligated to them are listed on the Meet Schedule.

D. Uniforms: When you join the team, you will need to buy a team leotard and a warmup jacket & pants. At Level 3+ and up, team members are required to have both a short-sleeved and a long-sleeved competition leotard along with the warmup jacket and pants. There is a required gym bag or backpack (depending on your level).

E. We do not have required family assessment fees. There are, however, two extra payments that you should be aware of. 1. The Parents' Club has a requirement for a \$50 startup fund from each family for concessions at meets. This fee is due in September. 2. In addition, there is a required participation in the annual Cart-wheel-a-thon. This minimum contribution of \$80 goes to purchase and maintain the equipment and matting for the safety of the team members. This annual contribution helps Spirit to keep a safe facility and equipment without the requirement for higher tuition for each level. This is a fun way for the team members to help keep the tuition lower. Please make your contributions by the required deadlines. A delay in payment will result in a \$20 late fee.

F. Spirit Gymnastics does not have any required fundraisers. With that being said, the Parents' Club does provide each family with the option to participate in numerous fundraisers during the season. All excess funds over the cost of the products for each gymnast is placed in the Parents' Club for use for that gymnast to use on meet fees, uniforms, grips, camps, etc. These funds may not be used for the payment of tuition; and they are not transferrable to another gymnast. Should the gymnast leave the program, any funds remaining in the fund will go to the SGTC General Fund for all members.

G. There is a monthly meeting of the Parents' Club. We recommend you attend one to see what the parents are doing for the girls. These meetings usually only last an hour, and you will learn more about what the Parents' Club does for the girls. It will be time well spent!

H. Now that she is on the team, you can gain access to the parents' website. This has the team handbook, the meet schedule with deadlines, and other information on the meets, hotels if necessary, and the program. Go to the new spiritparents.com site. Click on the team tab. **It is important to get this information so that you can register for our meets on time. Many of the meets fill up well before their deadline.** We have to get our entries in early. For that reason, there is a \$20 late fee for signing up for meets past our published deadlines. The level reps for each level also try to get the information on the deadlines out to the level members. Failure to check the website or review the schedule or hear from the level reps on the counter in the office is NOT an excuse for being late on the deadline for each meet.

I. **When planning for your Spirit Team and Super Team Camp requirement, please understand that the new Season begins June 1 of each year. Many team members change levels on that date.** You need to project your potential new level into your requirement for the coming Camp Season. For level 1, there is not a Summer camp requirement but camp is highly recommended for you to develop your new skills. For Level 2 and Xcel Silver, one camp is required, and for level 3, Xcel Gold and up, two camps are required. If you are a Level 1 in the Spring, it is highly likely that your daughter will be invited to Level 2 for the next Season which starts each June 1st. If this change in level is suggested by the coaches and approved by you; your daughter will have the camp requirement for the new level. This pertains to all of the levels.

J. For all levels, there is a work requirement for each home meet that your daughter attends. For the Ready, Set, Go meet and the PPGL Snowflake meets, the minimum may be only one session (about 3 or 4 hours) of work. For the Dalmatian Classic and Keystone Games meets, the minimum may be 2 or even 3 sessions depending on the number of participants in the meets. We want all parents to watch, cheer and photograph or video their daughter's meets. Your child wants your attention also. For that reason, we do not want parents to work during their child's session. Meets provide an important source of fundraising for the parents club (these funds are used for payment for the gymnast at the annual banquet and other benefits for the gymnasts), and they cannot be run without the help of our families. Home meets provide a much less stressful arena for our team members to learn how to compete in both small and large meets. If you absolutely cannot work during a weekend of a home meet, you will be assessed a \$75.00 per session fee for the session(s) that you cannot work. If it is your first offense, you may request in writing a one-time exception so you may forward your work requirement to the next home meet. The Parents' meet work coordinator keeps good records of each family's commitment; so please keep current on your meet obligations. A failure to keep current with your obligations could lead to a \$75 per session obligation or suspension of membership in the team program.

4. All Level one and up team members are required to register with USAG, PA and Region 7 Gymnastics. The cost for this is listed on the Team Registration form. If moving from classes to team during the Season, your Spirit Class Registration fee is up to date, you do not pay this again until the end of the season year before July 31. You just pay the added USAG, etc. fees.

I have had a personal meeting with _____ on date _____, and have gone over the items listed above. I/we have heard the obligations to the team and the Spirit team level programs, and I/we agree to fulfill our obligations to the team and the program.

Printed name of parent: _____

Signature of Parent(s) _____ Date _____

Coach conducting interview _____