

Part One:

Introduction to Olympia Gymnastics Academy

Welcome to the Olympia Gymnastics Academy Team Program

Thank you for your interest in Olympia Gymnastics. The adventure you and your child are about to embark on will be a very special one. (Yes, it will be your adventure too!) Over the years, we have had the pleasure of watching many children learn, grow, develop, and mature into confident young adults who are ready to face the world. We look forward to the unique opportunities which working with your child will present.

This undertaking will give your child a stage on which to develop her confidence, poise, individuality, mental and physical discipline, determination, appreciation for dedicated effort, and self-respect. Your child will mature among individuals and circumstances that will demand her finest efforts and judgments. She will develop close relationships with other young athletes who demand the best of themselves and expect the best in others. Educational opportunities will be made available which will complement and enhance the experiences she will have in the gym. Above all, she will have tons of fun!

We would like to personally congratulate each and every one of you for choosing gymnastics for your child. Gymnastics is the greatest overall body conditioning activity that you can have your child involved in. A study was done testing the components of physical fitness (strength, flexibility, coordination, etc.) of a number of college athletes involved in various sports. When the totals were added up, gymnasts proved to be the most physically fit. Some of the physical attributes that you will find developing in your young gymnast will be: strength, flexibility, kinesthetic awareness, muscular control, muscular endurance, coordination, timing, explosive power, agility, running speed, balance, and grace. Some of the mental attributes that we hope to develop are positive self-image, self-motivation, tenacity, patience, and willingness to sacrifice for personal development, goal setting, courage, and enjoyment. It is rewarding and fun to work hard, improve your skills, and achieve your goals.

The Staff

We are proud of our staff here at Olympia. Most of our staff members are college graduates with degrees in dance, physical education, and sports management. All of our staff members are USA Gymnastics professional members and safety certified.

Mission Statement & Philosophy

Our goal at Olympia Gymnastics Academy, Inc. is to develop each individual's gymnastics potential in a safe and enjoyable atmosphere. Using specific gymnastic progressions and a highly trained staff, each gymnast will learn the correct fundamental and basic skills that will equip her with the knowledge and ability to progress to whatever level she is able to achieve. We use the sport of gymnastics to help each child gain greater self-confidence and a more positive self-image.

The philosophy at Olympia Gymnastics closely mirrors the statement above. The program was founded on the belief that there can be a place for many gymnasts on the competitive gymnastics field, and the reality that a rare few will ever make it to the top. It must therefore be the process, and not the outcome, that is emphasized. Character, indeed life, is truly shaped by the day-to-day toil and struggle that is the measure of the human soul. Accomplishments and success come to fruition only after a sometimes long and hard process. Our challenge then is to nurture the student-athlete in a healthy, wholesome, enjoyable environment, stressing sound, progressive fundamentals, so as to become a model for others to live by. Success, in its own disguise, for each of us, will follow.

Safety

Gymnastics is inherently a very dangerous sport. This fact combined with the high difficulty level achieved by the gymnasts at Olympia Gymnastics only adds to the potential for injury. We want all parents to be fully

aware of the risk involved in the sport of gymnastics. Speed, motion, height, flipping, and the difficulty of the skills put our athletes in potentially life threatening situations on a daily basis.

We at Olympia Gymnastics are very aware of the “potential danger” and will make every effort to achieve and maintain a safe environment for our athletes. We believe in spotting whenever there is a doubt as to the consistency of the skill. We believe in proper and meticulous progressions as lead ups for more advanced skills. We believe in padding and matting and any training devices designed to make learning as safe as possible.

Developmental and Competitive Gymnasts

Olympia Gymnastics conducts training for both developmental and competitive gymnasts. We offer a competition and demonstration opportunity for children of diverse abilities, interests, and ages. We offer inter-club competitions; compulsory and optional competitions throughout the local area, our state, and beyond; and we perform for a variety of local schools, organizations, and nonprofit groups. This variety allows us to offer programs for every ability level and interest. Our coaching staff determines the placement of athletes within our team and developmental programs based on the following criteria:

- | | |
|---------------------------|----------------------------------------|
| -Skill level | -mental attitude |
| -Success at current level | -potential for success at higher level |
| -individual desire | -individual confidence and courage |
| -Coach ability | -team orientation and spirit |
| -Competitive experience | -work ethic |
| -Age | -physical abilities |
| -Attendance | -strength/flexibility |
| | -parental support |

It is becoming obvious that gymnastics is a very technical sport whose nature encourages a search for perfection. Advancement and success in the sport requires mastery of basic skills. Similar to a pyramid, the larger the base of support (basics), the higher the pyramid will stand (ultimate skill level). It seems rather ridiculous and simplistic to think that merely achieving a minimum “move- up” score will indicate an athlete’s readiness to achieve success at the next level. A score is meaningless without the mastery of the underlying skills. The gymnasts will eventually “hit the wall” if the basics are not mastered. With this in mind Olympia Gymnastics has instituted mobility requirements when being considered for the next level.

Nutrition

Olympia Gymnastics encourages all of our gymnasts (and their families) to follow the nutrition pyramid guidelines. It is important for gymnast to have good overall health and that begins with their eating habits. We will not monitor our athletes eating habits or their weight. We will inquire with the parents if we feel that there is a problem that is developing.

If your practice is 5 hours long, the gymnasts will get time for a snack break. During gymnastics practice, your brain needs constant energy to help you concentrate and stay motivated. Your body needs energy to help its muscles give you power and strength.

All gymnasts are responsible for bringing their own snack. All snacks should be in a container that is disposable (no Tupperware etc.) and should not require refrigeration or a microwave. The snack is small and just enough to give the gymnast an extra boost. Here are some snack suggestions: A few orange wedges, handful of cheerios, few pieces of dried fruit, handful of dried cranberries, half a banana, ½ a bagel, 6 ginger snaps, baby carrots, 10 cherries, small apple, 15 frozen grapes, 6 vanilla wafers, handful or popcorn or pretzels

Sport Psychology

It has been said that gymnastics is 90% mental and only 10% physical. Those who work in the gym every day know this to be nonsense, but only because the ratios are off, not because mental and emotional

readiness is not important. Indeed, the mental game of gymnastics often separates the good from the great.

Olympia Gymnastics has used and will continue to use a sports psychology program to help our athletes develop the mental strategies that will help them achieve their **goals**. The areas of concentration are stress management, goal setting, relaxation techniques, visualization, and team building.

Sports Medicine & Injured Gymnasts

Injured athletes are expected to be at practice for at least a portion of the scheduled practice times. When an athlete becomes injured it is our goal to concentrate on the areas of the body or the areas of training that we can improve while the gymnast is recovering. This philosophy is vital to staying on top of the game. It is the reason that we expect injured athletes to participate in practice.

Part Two: Introduction to Gymnastics

Guide for Parents

Gymnastics competitions for girls involve performances on four apparatuses called “events”: vault, uneven bars, balance beam and floor exercise. The athletes compete either compulsory or optional exercises. Compulsory exercises (also called routines) are developed for each nation by the national governing body (USA Gymnastics). The compulsory routines are developed with varying levels of difficulty so the athletes use the compulsories to develop their skills progressively. The gymnast’s coach choreographs (i.e. puts together) the optional routines. Optional routines are usually unique to each particular gymnast while compulsory routines are performed by all gymnasts in much the same manner. Scoring for compulsory gymnasts and optional gymnasts is similar except that the gymnast must follow a prescribed sequence of skills in compulsories.

- **Vault:** consists of a run of about 70’-80’ followed by a jump to a small wooden and spring device called a “spring board.” Vaulting requires extreme quickness, a fast run, a hard push from the horse, some cool flips and stuff in the air, and a landing that is “stuck.”
- **Uneven Bars:** consists of 2 wood-coated, fiberglass rails held up by steel posts at different heights. Routines consist of 10-14 skills performed in a series. The gymnasts should show large swing skills, lots of handstands, a release and re-catch of the bars, some sort of somersaulting or twisting skills, and a dismount to the floor.
- **Balance Beam:** an apparatus made of steel and padding that is 16’ long, 4” wide, and approx. 4” high. The gymnast will show a variety of skills from dance and tumbling and combine them into a routine that lasts from 70-90 seconds.
- **Floor Exercise (“floor”):** is performed on an area approx. 40’ X 40’. There is a platform under the pad and carpet called a spring floor. The spring floor can be comprised of either springs or foam blocks. There are approx 1,600 blocks or springs under the floor. The girls perform to music. The routine should cover most of the area of the carpet, must include tumbling, and include lots of dance elements.
- **Judges evaluate these routines based on rules developed by the “FIG”** which is a French acronym for International Gymnastics Federation. The FIG publishes a new set of rules every 4 years following the Olympic Games. This is one of the reasons gymnastics is so hard to understand. There are few sports that reinvent their rules every 4 years.

There will be times when the coaches do not agree with the way the judges scored the routine. In most cases, the coaches will do nothing about the “incorrect score.” This is because the judges score the

routines too high as often as they get them too low. It all evens out over the course of a meet or a season. Since the coaches do not generally ask the judges to lower their gymnasts' score when it is too high, they do not feel right asking to have it raised when it is too low. There are times, though, when it is REALLY too low. This is particularly troublesome when the meet is important. In this case, there is still little the coach can do, though the coach can "inquire." The only way to find out why your daughter received a particular score is for the coaches to inquire. As a parent, it is not proper meet etiquette for you to ask the judges about your daughter's routine.

Although gymnastics meets tend to be rather stoic affairs, they need not be. You should feel free to applaud and cheer for any and everything you like, the more the better. The gymnasts really do appreciate your support.

A Brief Description of the Levels

ELITE: This is the top level in gymnastics. Perhaps .001% of all gymnasts compete at this level. Gymnasts compete up to the National and International level and represent the USA in most international competitions including the Olympics.

LEVEL 10: Gymnasts compete optional routines only. This is the highest level in the USAG age group program. Competition is at local, state, regional, and national levels. Olympia Gymnastics currently has 8 gymnasts training at this level

LEVEL 9: This is an optional only level. Competition is at local, state, regional, and at Eastern or Western Nationals. Olympia Gymnastics currently has 10 gymnasts training this level.

LEVEL 8: This is an optional only level. There are several restrictions on difficulty. Competition is at the local, state, and regional levels. Olympia Gymnastics currently has 12 gymnasts training at this level.

LEVEL 7: This is also one of the beginning optional level. The gymnasts create their own routines but must include certain compulsory elements. Competition is at the local, state, and regional levels. Olympia Gymnastics currently has 10 gymnasts training at this level.

LEVEL 6: This is the beginning of the optional level. The gymnasts/coaches create their own routines but must include certain compulsory elements. Competition is at the local and state level.

LEVEL 5: This is a compulsory only level. These routines are highest versions of the compulsory level routines. Competition is at the local and state levels. Olympia Gymnastics currently has 9 gymnasts at this level.

LEVEL 4: This is a competitive level for compulsory gymnastics. These routines are simplified versions of the higher compulsory level routines. Competition is at the local and state levels. Olympia Gymnastics currently has 17 gymnasts at this level.

LEVEL 3: This is the competitive entry level for compulsory gymnastics. These routines are simplified version of the higher compulsory level routines. Competition is at the local and state level. Olympia currently has 30 gymnasts at this level.

LEVELS 1-2: These are developmental compulsory levels. These routines are simplified versions of the higher compulsory level routines. Competition for these levels are strictly fun meets. The focus at these levels is for basic skills, strength and flexibility. Olympia Gymnastics currently has 40 + gymnasts at these levels combined.

Xcel: This is a USA Gymnastics recreational competitive program that runs parallel to the JO program and the Elite program. The goal of Xcel is to provide gymnasts of varying abilities, commitment levels and ages the opportunity for a rewarding gymnastics experience. Xcel embraces all skill levels beginner to advance with greater flexibility with choosing skills to fulfill division requirements. The emphasis of this program is on the proper execution of elements, not necessarily the difficulty, giving the gymnasts the ability to perform the skills that she does best.

Xcel provides a competitive gymnastics experience that is ideal for gymnasts who have a passion for gymnastics and strive to stay involved long term, while not striving for the goal of being Elite, Level 10 or a Division 1 NCAA gymnasts. This program is also a wonderful opportunity for gymnasts that would benefit from more relaxed skill requirements. All gymnasts in this program will compete their own optional routines. There are five different competitive divisions in this program, bronze, silver, gold, platinum and diamond. Olympia Gymnastics only participates in divisions silver, gold, platinum and diamond. Competition is at local and state and regional level. Olympia Gymnastics currently has 30 gymnasts training in this program.

To be a member of Olympia Gymnastics Xcel program your gymnasts must be a minimum of 10 years old and have completed a minimum of one session of recreational gymnastics.

Mobility between the Divisions

The specific mission of Olympia Gymnastics is to develop happy, healthy, and confident children. One way in which we can help meet this demanding goal is to place the gymnasts at a division where they can be happy, safe, and confident. What this means is that every gymnast must be able to perform the skills and routines required at a given division comfortably. **The skills should not be at the edge of or beyond her ability level. We can never ask or expect our athletes to perform skills or routines in a competition that they cannot perform consistently in practice.**

The following criteria will help coaches decide the placement of each gymnast:

1. An assessment of gymnast's basic abilities . . . physical, emotional, mental and psychological. These attributes are observable in subjective ways as opposed to an objective testing procedure. This assessment may indicate a child's ability to overcome reasonable fears, to make quick yet sound judgments, to be self-motivated and dedicated to achieving personal goals.
2. Physical preparedness: An assessment is made of strength, flexibility, endurance, agility, quickness, and suppleness.
3. Present skill level: The accomplishment of skills is in many respects controlled by one's basic abilities. In every case, new skills will require more strength and flexibility. **We will ask gymnasts to acquire skills in the next division up before being considered to move to that division.** In this manner, coaches will be able to project your skill and routine readiness for the coming competitive season.

A Brief Description of the Competitions

State Championships: All gymnasts Level 3- 10 and Xcel who compete and receive the qualifying score are able to participate in this meet. Level 2 will only participate in the "Fun State Meet" no qualification is needed to attend.

Regional Championships: Regional Championships involve the best gymnasts from each state within the region. There are eight regions in the United States. Olympia Gymnastics is in region 5 and our Regional Championship involves gymnasts for the following states: Michigan, Ohio, Indiana, Kentucky and Illinois.

East & West Nationals: USA Gymnastics offers 2 National Championship meets for level 9 gymnasts called either Eastern or Western Nationals depending on which side of the Mississippi you are on.

National Championships: There are National Championships offered for level 10 and elite gymnasts

through USA Gymnastics. In both cases the girls must qualify for these events through a qualifying process. At level 10, the Junior Olympic Nationals, the gymnasts must place in the top 7 in their age group at regional. At the elite level the gymnasts must achieve a certain minimum score in order to advance to the Classic Nationals. From these meets a limited number are taken to Championships of the USA where our national team is determined.

Invitationals: There are meets hosted by individual clubs and they generally offer team as well as individual competition. The meets are sanctioned by USA Gymnastics. These meets are important in their own right and they can serve as qualifying meets for the state championships all levels.

Competition schedules are often times not available until 7-10 days prior to the competition. Olympia Gymnastics will make that information available to you once we receive it.

Mobility between then J.O. Levels

The specific mission of Olympia Gymnastics is to develop happy, healthy, and confident children. One way in which we can help meet this demanding goal is to place the gymnasts at a level where they can be happy, safe, and confident. What this means is that every gymnast must be able to perform the skills and routines required at a given level comfortably. **The skills should not be at the edge of or beyond her ability level. We can never ask or expect our athletes to perform skills or routines in a competition that they cannot perform consistently in practice.**

The following criteria will help coaches decide the placement of each gymnast:

1. an assessment of gymnast's basic abilities . . . physical, emotional, mental and psychological. These attributes are observable in subjective ways as opposed to an objective testing procedure. This assessment may indicate a child's ability to overcome reasonable fears, to make quick yet sound judgments, to be self-motivated and dedicated to achieving personal goals.
2. Physical preparedness: An assessment is made of strength, flexibility, endurance, agility, quickness, and suppleness.
3. Present skill level: The accomplishment of skills is in many respects controlled by one's basic abilities. In every case, new skills will require more strength and flexibility. **We will ask gymnasts to acquire skills in the next level up before being considered to move to that level.** In this manner, coaches will be able to project your skill and routine readiness for the coming competitive season.

To improve the consistency at all levels the staff at Olympia Gymnastics Academy has once again decided to use mobility requirements that were implemented in the 2003 season. Please be advised that this process has two parts. First achieving the appropriate mobility score for her level. Second is skill level, all gymnasts must be able to do the next level skills proficiently. The gymnast must have successfully completed both parts in order to be considered ready to compete at the next level.

SCORE MOBILITY

LEVEL 3 TO 4	37.00
LEVEL 4 TO 5	36.50
LEVEL 5 TO 6	36.00

EACH SCORE MUST BE ACHIEVED TWICE

*Olympia Gymnastics will be implementing a Three Season exception. This means that if a gymnast has competed in three consecutive seasons at the same J.O. level and has not achieved the mobility score but has the next level skills, they will then be considered for the next level. There are two competitive seasons (for compulsory gymnasts only) within a 12-month period. The first season runs from August thru

December. The second season runs from January thru the State Meet (approx. May).

Training Content

In order to understand and appreciate what goes into the development of a competitive gymnast, one must understand exactly what it is that we are trying to achieve during training. There are four fundamental areas of development that need to be addressed during the training: 1) strength, 2) flexibility, 3) skills, 4) mental aspects.

1) Strength development — as with all sports one object to the training is to make the difficult look easy. This is much easier to accomplish if the athlete has the strength required to master the skills. In most cases the stronger the better. This is certainly true of gymnastics. It is also true that strength training can also play a role in the reduction of injuries.

Strength development at the beginning or compulsory levels centers on building a base on which to build as the gymnast advances. General callisthenic exercises achieve this goal very well. Sit-ups, push-ups, pull-ups, running, and so on are used to achieve this goal. While, it may appear that the gymnasts simply repeat these basic exercises over and over again through the course of the year, in fact there are subtle and at time not so subtle variations in the performance of these exercises. Technique may be changed or improved, the number of repetitions change, resistance is altered, the range of motion is increased, and the athlete is continually challenged to complete her assignment.

2) Flexibility development is also critical to the long-term success of the gymnast. Superior flexibility adds to the aesthetic appeal of the performance, allows the athlete to master skills more easily, and plays a role in reducing the frequency and seriousness of injuries.

Every training session at Olympia Gymnastics will begin with a warm-up. This warm-up serves to raise the core body temperature so that the body is ready for action. The warm-up is not intended to be a time to improve flexibility. Once the muscles are warm and tired then they can be stretched and flexibility can be improved. This generally occurs at the end of practice.

3) Skill development falls into 2 distinct but related categories: basics and new skills. Basics or core skills are like the ABC's of gymnastics. The gymnast uses these ABC's to compose their gymnastic sequences and routines, if any of these building blocks is missing or defective the entire performance is weakened. These core skills, the building blocks of the sport, must be continually refined in order to permit the gymnast and her coaches to continually improve their performances. The better the core skills (forward rolls, backward rolls, handstands, cartwheels, and bridges) the better the performance. That is why we continually review and drill the basics.

Part Three: Gym Rules and Policies

Respect yourself and Others

Respect your physical self. All your efforts should go into building up your abilities. Fuel your body with nutritious food; rest your body with plenty of sleep; protect your body by being safe in the gym; listen to your body when it tells you to stop either because of illness or injury; heal your body when it tells you not to continue; and celebrate your body by making it strong, flexible and powerful enough to do the wonderful things expected of it in this sport.

Respect your nonphysical self. Gymnastics is the most demanding and difficult of all sports. You will suffer setbacks, frustration, fear, and defeat. Expect these things, learn from them, face them, and overcome them. Set high goals and achieve them step-by-step. Maintain a positive attitude that will help you to defeat them.

Respect your teammates. They have their own goals and dreams, but they also are here to support and help you. Cheer for them when they attempt new skills, make skills that are difficult for them, or when they are competing. Accept compliments with a simple, "thank you."

NO TEAM MEMBER IS ALLOWED TO USE ALCOHOL, DRUGS OR TO

SMOKE. We spend many hours together trying to be the best we can be. All of that work is a complete waste of time if you blow it on drugs or alcohol. Perhaps if you understand that you will be dismissed from the team if you engage in these illegal or inappropriate activities you will have an additional bit of motivation to say "no" if and when you are confronted by your peers.

Respect for Olympia Gymnastics Academy

You show respect by the way in which you act. The following actions show respect and are expected of a member of the Olympia Gymnastics Team.

1. Attend all practices, competitions, and special events
2. Call the gym if your child will be absent. You can do this by leaving a message on the Team Absence Hotline (586.803.1333 option 4) or by filling in a quick form on the "Team" page of our web site.
3. Arrive on time and stay until the practice is over. Get any taping completed before practice begins.
4. You are expected to work hard and to try your best. This is all that we will ever ask of you and this is always what you should demand of yourself.
5. Arrive at the gym ready to participate with the proper attire; hair pulled back, jewelry off, gum in the trashcan, well rested, and ready to go. Stay off the equipment until it is time to start.
6. Treat other gymnasts with respect, be kind to those gymnasts younger than you are, and do not think yourself as better than any other gymnast. Everyone has strengths and weakness and if you have not found your weakness yet, you will.
7. Ask permission to leave the gym. This applies to leaving early and going to the restroom. The main reason is so that the coaches know where you are.
8. Always act in a way that shows respect for you and to the gym. We want the gym to be a happy, motivating and uplifting place to be. There is no place in our gym for rude or belittling comments, displays of anger or disgust, talking back to coaches or other adults, or crying because you have given in to your frustrations and fears.
9. Be honest. Cheating is the ugliest form of disrespect. It shows disrespect to your coaches, your parents, and most importantly to yourself. If you cannot or will not complete an assignment, be

honest about it.

10. Tell your coach when your body is telling you to stop or slow down. This shows respect for you and for the coach. If you are sick or on medication, or are injured, we need to know and you need to listen to your body. Pain is the body's way to tell you to stop.

11. Provide your body with food and drink that will help you do your best.

12. Show respect for your safety and the wishes of your coaches by staying off the equipment without permission from the coaches. This rule applies specifically to the tumble track and the pits.

13. Always wait inside for your ride. Gymnasts are not to wait outside for pickup following practice if clothing needs to be changed before or after practice, please always use the bathrooms inside the gym. Do not use the bathrooms in the lobby or viewing area.

14. Concentrate on what you are trying to accomplish during practice. We will not permit you to make or receive phone calls during practice unless it is a family emergency. Absolutely no cell phones in the gym.

Showing Respect to the Sport of Gymnastics

The way you act in the gym is a private reflection of your respect to yourself, to your teammates, and to Olympia Gymnastics. The way you act at competitions, while at team functions, and while traveling to and from the competitions and functions is a public statement about how you feel about yourself, Olympia Gymnastics, and to the sport of gymnastics itself. Only the highest standard of behavior will be acceptable. The following actions show respect and are expected of a member of the Olympia Gymnastics Team.

1. Participate in all scheduled competitions. We are a competitive gymnastics team. We measure our work and progress by going out on the competition floor to do our best in front of our families, our coaches, our friends, and our teammates.

2. Attend every practice leading up to competitions. Gymnasts who miss more than one practice in the ten days prior to competitions risk losing our respect for them and their dreams. In general, we only will compete gymnasts who we respect.

3. Demonstrate the highest regard for our sport and your hard work by arriving to all competitions & practices on time, by conducting your self with grace and courage during the competition, by accepting all scores in a positive manner, and by thanking your coaches, parents, and the organizers of the meet for spending their time on your behalf.

4. During the competition, gymnasts are to wear their competition leotard and their team warm-up. *All gymnasts must be in warm-ups for awards.* All gymnasts are expected to remain for awards.

How Parents Show Respect for the Athlete, Olympia Gymnastics and Our Beautiful Sport

Parents play a huge role in the development of a successful gymnast. Your role is every bit as important as that of the gym or the coaches. It is also every bit as difficult. Here is what you can do to help your daughter achieve her dream.

On the physical side, it is your job to insure that your young athlete gets enough sleep, eats the proper food and drink, gets to and from the gym on time, and has proper clothing and equipment.

The emotional side is just as important. It is your role to provide unconditional love, encouragement, and support. Keep in mind, your love is not based on whether she made her kip; your support is not dependent on her scoring a 36.00 in the all-around; and your encouragement is not conditioned on her being the best in her group, on her team, in her state, or in the country.

It is through performing these tasks that you show respect for your gymnast and the effort she is putting into their sport. Any more or any less does a disservice to your child and will limit her opportunity for success.

1. Please come to any of your child's coaches if you have a problem or concern. We are in business to serve you and your child. Your thoughts are important to us. If we cannot help you, we will explain why and we will work to find another way to solve whatever is bothering you. **Complaining to other parents cannot solve your problem, nor can we solve them if we do not know about them.** If you respect us enough to allow us to play a large role in your child's life, please respect us enough to know that we have your child's best interest at heart.

2. Parents perform their role at home and outside the gym area. Within the gym the coaches and administrators of the gym play their roles. Please do not coach your child. Your comments detract from what the coach is doing, they give the gymnast another thing to think about, and it interferes with the development of the coach/athlete relationship that is critical for long-term success

3. Please stay in the waiting area and out of the gym. Parents who venture out into the gym create a danger for themselves and to the athletes. Parents are often unaware of traffic patterns and often get in the way of the gymnasts performing their skills. **There are to be no parents walking in the gym!!!** If you need to contact your child with an immediate concern please ask the secretary to contact the coach that is working with your child's group. Please make others who will be driving your child to practice aware of this policy (grandparents, aunts, friends etc.)

4. Please let a coach know before practice if you think your child might have a problem due to illness, medication, or injury. This can be done in the form of a quick note if your child's coach is already in the floor coaching when you arrive.

5. It is the philosophy of Olympia Gymnastics that the coaches, the gym, the parents, and the gymnasts are all part of the team. We encourage all of our parents to attend every competition. Having a strong cheering section does wonders for team motivation and it is something we can be proud of. But as parents you should be aware that as a member of the Olympia Gymnastics Team you too represent Olympia Gymnastics. With that in mind, a few guidelines for parents during competitions should be in order.

A. Cheer loud and often, but do so in a courteous manner. Obnoxious yelling is for the other teams, not for us.

B. Cheer for all members of the Olympia team and feel free to cheer for fine performances turned in by gymnasts of other teams. In a very real way, we are competing with them not against them. If you allow yourself, you will become friendly with the parents of the gymnasts of other teams that you may see several times each season over the next few years.

C. Promote Olympia in every way you feel is appropriate: t-shirts, sweatshirts, banners, and cheers; but never ever speak in a negative way about another club, coach, gymnast, or judge in the process.

D. Under no circumstances, is a parent or a gymnast ever to approach a judge or a meet official before, during, or after competition to comment on, complain, or even ask about a score.

E. Please do not contact or talk to your gymnast once they are on the competitive floor. We ask them to focus all their energy on the competition and we want as few distractions as possible. After the meet is over they will come to see you once we are finished with our team meeting.

6. Gymnastics must come second to school. Although the vast majority of our gymnasts are very good students, there may be times when a gymnast needs to miss due to school activities, homework, or functions. Please let the coaching staff know in advance if your gymnast will miss due to school. You may use one of the absence forms in the pro-shop, or you may go to the "Team" page of our web site and fill out a quick online form, or call our hotline absence number at 586.803.1217.

7. Mailboxes are located in the ProShop. They are divided by level and will have your gymnast's last name on it. Please understand that the information that goes into your mailbox may be from the office, booster club, or coaching staff. That is a lot of information. You can help us communicate more effectively by checking your child's box on a regular basis. Information will also be sent by email. Our email system is an **outgoing** system only. You may not respond to the information you are sent by email. Questions regarding information must be addressed by leaving a note in your coach's folder in the pro-shop or by calling the gym. It is important that you provide the email addresses of any family members that need to stay informed.

8. Parents are not to park in the handicapped spaces of our parking lot unless authorized by law to do so. Parking in the entrance and exit area our parking lot is also not authorized. Even short term parking in these areas is not allowed and could cause safety concerns in emergency situations.

9. The staff members of Olympia Gymnastics are not authorize to communicate with any parents or students on social networking sites or by email. Please refrain from using social networking sites as a method of contact. Contact must be done in person or by phone and never online. Even being "Friends" on social networking sites is unauthorized.

The Role of the Parent in the Olympia Gymnastics Family

The parent of a gymnast on our team can have one of the most difficult of all jobs. While members of our "family," which includes the gymnast, the coaches, and the parent, are all equally important, the parent has the smallest role in actually controlling the performance of the athlete. At the same time the parent may feel the greatest sense of emotional attachment to that performance. This combination of a high emotional stake in the performance with little or no direct control over the outcome can produce stress and can lead to some bizarre behavior. Parents have been known to lose sight of the important role that they have to play. They often step outside their sphere of influence and enter the domain of other members of the family. This often creates conflicts with the coaches.

The coaches do their job in the gym and on the competition floor. When a parent starts to coach their child they actually interfere with the very performance they are trying to improve. The gymnast can only concentrate on one part of their performance at a time. If a parent is telling the child to "keep their legs straight," or to "run faster," or to "smile," they are directing the child's attention away from what their coach is telling them. The child cannot make two corrections at once so either they do poorly, or they focus on one and not the other. No matter which choice they make someone is going to be upset with them and they will not progress in the way that they should. Coaching your child puts them in a no-win situation. It's unfair to them and to their coaches.

In addition, you are interfering with the development of the coach/gymnast bond that is critical to any long-term success in the sport. The gymnast must be able to trust her coach, rely on her coach to direct her training, and to receive important emotional support from their praise. You interfere with all of that when the child is confused as to which way to turn for direction and support.

Finally, do you really think that the coach doesn't notice when her legs are bent?? Of course the coaches notice! If the coach is not working on improving their appearance it is because they are working on something more important at this point in her training. Perfect execution often comes late in the mastery of key skills.

Some Guidelines for Parents Feeling Stress

Danger signs — watch for these. If you recognize yourself in these descriptions you probably need to reevaluate your actions, your role, and your attitudes.

- Observing every practice or private lesson allowed — INTENTLY
- Punishing or praising your child for what you observed during these observations

- Finding your sense of worth and happiness dependent on the success of your gymnast
- Constantly comparing your child and her progress to others in her group, on her team, or in competition
- Verbally abusing the gym, the coaches, and the program while still placing your child in our control
- Video taping each competition and requiring your child to review it at home with you

Inappropriate Comments VS Appropriate Comments

“You finally beat Sally.” vs “You made your entire beam routine!”

“How many (difficult skill) did you make today?” vs “How was practice?” “I’ll give you \$20 if you win today.” VS “Do your best and have fun.” “That judge always scores you low.” VS “Work hard and you’ll do better next time.”

“I cannot believe they moved Sally up and not you!” vs “As long as you are happy, safe, and progressing, I’m happy.”

Other Policies and Procedures of Olympia Gymnastics Academy

1. Workout Attire: Gymnasts are required to train dressed in a manner which reflects positively on our program

- A. Leotards must be worn. No “unitards” with biker shorts attached are allowed.
- B. Sports bras are required as needed.
- C. No 2 piece workout attire is permitted.
- D. No jewelry is permitted (stud earrings are acceptable) because it causes a safety hazard for both the gymnast and the coach.
- E. Hair should be pulled up and away from the gymnast’s face. Barrettes made of hard or sharp material may pose a safety hazard and are not permitted.
- F. All gymnasts are required to have a gym bag with a pair of bike shorts in it for climbing the rope.

2. Attendance: There are always more athletes who want to be on team than we have room for. Therefore, if you do not come to practice you are taking the place of someone else who would like to be part of our team. For this reason Olympia Gymnastics expects every gymnast to come to every practice. Every gymnast needs to make a minimum of 80% of the scheduled practices. In addition, gymnasts are expected to arrive 5-10 minutes early so they will be ready to go the minute practice starts. Further, we want all our athletes to stay the entire practice. Gymnasts are expected and required to attend all practices the week prior to a competition. Failure to do so may result in a gymnast being scratched from the meet.

3. In order to help control blood-sugar levels, a nutrition break will be provided during practices that last 5 hours. The types of food that should be consumed were listed above. Never bring candy, soda, or other sugared foods. Each gymnast should bring a water bottle of non-break plastic to practice. **The water bottle is for water only.** No juice or sports drinks are to be consumed.

4. Olympia Gymnastics Staff works hard to keep our gym clean and in good repair. However, each athlete on our team will be responsible for contributing to this effort. They will help by keeping the training area safe, neat, and ready to use by the next group in the gym.

5. Emergency Procedure: In the unlikely event of a medical emergency involving your daughter, the following procedure will be followed:

A. Emergency first aid will be administered, including requesting of emergency medical technicians and an ambulance if needed.

B. **You** will be contacted using the emergency contact information you provide on your blue team enrollment form. It is important that you fill out a new team contact form whenever a change in contact information takes place.

6. Inclement Weather Procedures: Olympia Gymnastics will not offer daytime preschool classes when the Utica Community Schools closes for snow/hazardous driving conditions. A determination on evening classes & team practice is made at 2pm. For an update on the status of afternoon/evening practice, please check our website olympiagymnastics.com or the Olympia Gymnastics Facebook page after 2pm. It is also possible that schools will be open but the weather will deteriorate during the day making team practice unlikely. Check our Facebook page after 2pm on days when weather may be a factor for the most up to date posting.

7. No Cell Phones in the gym or taken on travel meets or clinics.

8. If your gymnast is old enough to drive themselves, they will not be allowed to arrive late or leave early without notification from the parents. Parents must report the absence if they will not be coming to practice. Gymnasts cannot report themselves absent. This of course is for the gymnast's safety. All athletes are to park in the rear of the building and should save the spaces in the front and side of the building for other customers.

9. Social Media: There is to be no negative comments on social media sites in reference to Olympia Gymnastics this includes comments about staff, team members and the booster club. Negative comments made on social networking sites, by parents or athletes, may result in immediate termination from our program. Parents are encouraged to monitor their children behavior on social media sites to ensure no negative comments are being made related to Olympia Gymnastics. It is also the policy of Olympia Gymnastics staff to not "befriend" or follow customers or athletes at Olympia on any social medium.

Disciplinary Actions

The rules and policies that govern the gymnasts and their parents have been outlined here and in other sections of the Handbook. In the event that there is an on going pattern of disruption or there are major rule infractions, it may be necessary to impose some disciplinary action in an attempt to improve the situation. The list and the procedures noted below are not intended to be all-inclusive. They are presented as an expression of our beliefs as to what disciplinary actions are necessary and appropriate. We will treat all of our gymnasts and gym parents as individuals and will seek to impose the most effective disciplinary actions based on each unique set of circumstances.

1. The gymnast may be asked to sit and watch.
2. The gymnast may be asked to leave the gym and go home early.
3. The coach may request a meeting with a parent.
4. The gymnast may be suspended from the team for one or more days or may be scratched from a competition.
5. The gymnast may be asked to leave the program if we cannot get her to conform her behavior to the expectations of the team, her coach, or the gym.

Note: The development of the coach/gymnast relationship is paramount. We cannot and will not run to the parents every time we have a problem. We will attempt to build our own relationship with our athletes. Those relationships are built on time shared, belief in the same dreams and values, work performed together, and the emotional ups and downs that are part of all important ventures. The downs include discipline problems and we will attempt to solve them within the framework of building a relationship. In this instance we need your help to overcome a challenge that is too much for us to accomplish on our own we will contact you. The final two items on the list are reserved for the most serious violations of our rules and policies. They are seldom used. They are reserved primarily for times when there is an ongoing problem with disruption and disrespect within the gym that has proven resistant to improvement. We will not let the bad attitude of one gymnast to bring down the spirit and work ethic of an entire group. It is also possible that a gymnast will have to leave our program because of the actions or inaction of her parents. While we never want to punish a child for the actions of her parent(s), we will not tolerate parents who by their words or actions do not support the policies and values of our team program.

Part Four: Travel and Competition

Competition and Travel

Competition, in itself, is neither good nor bad; it is only appropriate or inappropriate. Competition is not for everyone. Some thrive in a competitive environment and others do not. Some gymnasts are ready to compete at their present age and/or maturity level, others will need more time, while a few may never prosper from the competitive experience.

Olympia Gymnastics will always be dedicated to producing some of the nation's top athletes in the sport of gymnastics. This does not mean that every child on our competitive team must have a burning desire to be an Olympian, quite the opposite. The staff at Olympia Gymnastics will treat each athlete's goals and aspirations individually. Some kids haven't any desire to train at an elite pace, nor should they have to. Workout structure, training time training loads, and intensity can all be altered and adjusted to meet each child's needs. This is not to say that the staff at Olympia Gymnastics will accept mediocrity in the training. We will always run a structured, disciplined program as it is our belief that gymnastics is too costly and far too dangerous to have training be nothing more than glorified baby-sitting sessions. Our staff will demand respect and a strong work ethic from our athletes. We will not, however, participate in humiliating or ridiculing a child in order to get our goals accomplished.

Another fundamental belief is that we want Olympia Gymnastics to be as family- oriented as possible. The coach, athlete, parent cooperation/communication triangle is essential in the development of the total child/athlete. Parent/athlete concerns will be viewed by our staff as a way of gaining insight as to how to better us as coaches.

The Olympia Philosophy on Competition

Olympia has always set a high priority on rewarding the effort and accomplishments of our gymnasts by providing them with an opportunity to participate in great competitions in exciting places. The traveling that we provide is a reward for their efforts, a motivation for continued excellence, and an opportunity to expand their knowledge and understanding of the world as a complement to the training they receive in gymnastics.

Let's be honest, fewer than 1 in 2,000 gymnasts will ever make a national team and represent the USA in national and international competition. If we wait for a call from USA Gymnastics (USAG) to invite any of us to go to Europe for a competition we might be waiting a long time and then it will involve only one gymnast. Our goal is to have every gymnast on our team (level 3-10) attend at least one super competition each season. We can't win them all or even contend in many of them, but the experience is good for the gymnasts. They get to see what it takes to compete at such a meet and that in turn motivates them to work

harder in the gym. It also gives them experience in handling themselves in high-pressure situations that prepares them for regional and national USAG competitions.

This commitment to travel and explore will continue to be an important component of the competitive and educational experience at Olympia. We know that the vast majority of our families applaud these efforts and appreciate the fact that the coaches at the gym are willing to take time away from their own families to plan and conduct these trips.

Usually the level 9 & up will have a “fly or travel meet.” At these meets the coaches and staff of Olympia will be supervising and chaperoning the gymnasts. You will be given guidelines as to how much money to send and the itinerary. At the beginning levels of 3 - 7 gymnasts will only be traveling with their parents to the meet site.

Eligibility for Competition and Travel

1. Gymnasts must be current on all OGA and OGBC obligations. Failure to be current on your financial obligations will result in your child suspension from competitions.
2. Attendance — excessive missed practices can mean missed competitive opportunities.
3. A positive attitude toward the coaching staff and training is important. The gymnasts must be emotionally ready to compete.

Rules and Policies for Competition

1. All athletes must be registered with USAG. The gym will register all athletes in the fall.
2. Arrive at the competition venue 15 minutes before the open warm-up is scheduled to begin.
3. Find her coach or teammates as soon as she arrives.
4. Remain in the area designed for the gymnasts as either competitors or observers throughout the competition. Obey all warm-up regulations and procedures.
5. Present herself in proper attire including an Olympia Gymnastics warm-up leotard (if applicable), competition leotard, and warm-ups (if applicable). The Olympia Gymnastics jacket and bag should be worn and taken to all competitions if it is required for your level.
6. The gymnast should be well groomed. **The gymnast's hair for levels 1 – 2 will need to be put in pigtails that are either curly or braided and tucked under. Level 3 – 10 & Xcel will need to be in either a curly ponytail that is **no longer** than the nape of the neck or a ponytail that is braided and tucked under and is **no longer** than the nape of the neck. Jewelry should not be worn unless you get specific permission from a coach. The use of make up should be limited.**
7. Accept her place in the line-up and the scores she receives with dignity and without comment and criticism. There is no place for crying and uncontrolled emotions during a gymnastic meet. You cannot control the scores you get nor can you control the performances of any other gymnast. You can only control what you do. If you do well and receive a disappointing score, ask your coach about it when the meet is over. If you make a mistake and are disappointed in your performances do not make matters worse by giving in to your emotions and ruining your chances for good performances on upcoming events. Remember too that you are part of a team. The team needs you to be in control and ready to perform. They do not need you bringing the spirit of the entire team down with your wailing and whimpering. The gymnasts should not keep track of their event scores, all around scores, or placement during the competition. Parents and coaches will keep track of those things. You will have plenty of time to review them later. Your concentration should center on your performance and on the performance of your team.
8. Be prepared to assist the coach with the boards, mats, music, bar settings and so on during the meet.
9. Be courteous, respectful, and polite to all meet officials, hosts and hostesses, competitors, and coaches. The only time you should approach a meet official is to thank them for hosting or judging

the meet.

10. Remain seated at all times when not performing. Keep all belongings in your competition bag.

11. Bring an extra pair of grips, and leotard to all competitions.

12. Stay with the team until the competition is over and the coach has released you. Once a gymnast has entered the competition area there should be no contact between the gymnast and her parents unless there is an emergency.

13. Stay for awards dressed in your Olympia warm-ups. Most meets have a formal system for presenting awards. As a participating athlete you have an obligation to stay for all the awards and to accept any presented to you with courtesy and gratitude. It is customary to accept awards with a firm handshake and a warm smile. Congratulate and shake hands with the other athletes as well. Remember that you are not just representing yourself. You are acting as a representative of Olympia Gymnastics as well.

Rules and Policies for Parents

It is the philosophy of Olympia Gymnastics that the coaches, the gym, the parents, and the gymnasts are all part of the team. We encourage all of our parents to attend every competition. Having a strong cheering section does wonders for team motivation and it is something that we can be proud of. But, as parents you should be aware that as a member of the Olympia Team you too represent Olympia Gymnastics. With that in mind a few guidelines for parents during competitions seems in order.

1. Cheer loud and often, but do so in a courteous manner. Obnoxious *yelling* is for the other teams, not for us.
2. Cheer for all members of Olympia team and feel free to cheer for fine performances turned in by gymnasts of other teams. In a very real way we are competing with them not against them. If you allow yourself you will become friendly with the parents of the gymnasts of other teams you see several times each season over the next few years. Please show respect for all the competitors; you never know whose mother is sitting near you.
3. Promote Olympia in every way you feel is appropriate: t-shirts, sweatshirts, banners, and cheers: but never speak in a negative way about another club, coach, gymnast, or judge in the process.
4. Under USAG rules the only adults allowed in the competitive area are judges, those helping to run the competition, and USAG professional members.
5. Under no circumstances is a parent or gymnast ever to approach a judge or meet official before, during, or after competition to comment on, complain about, or even ask about a score.
6. Please do not contact or talk to your gymnast once they are on the competitive floor. We ask them to focus all their energy on the competition and we want as few distractions as possible. After the meet is over and we are finished with our team meeting they will come to see you.
7. Parents are always encouraged to attend every competition. However, there may be times when you will be unable to attend. If you are not going to attend the competition, please take care to cover the following details.
 - A. Know the name and phone number of the facility in which the competition is being held
 - B. Communicate clearly with your child who is taking him and picking him up
 - C. Provide your child with an emergency number to use in case he needs to call home and you are not there
 - D. please remember that meets always run early or late so plan on allowing that time for them to arrive home
 - E. Send enough money with him to cover meals, snacks, and to contribute for gas if appropriate

8. Family Vacation Policies:

Level 1 – 5 and Xcel families: We ask that you schedule vacations carefully during the months of January through May. If you have scheduled a vacation that conflicts with a competition, you must fill out a “Meet Withdrawal” form. And turn it in immediately. Please communicate to your child’s coaches about your travel plans in advance, so we can do what is in the best interest of your gymnast. We suggest avoiding vacationing during these months whenever possible. Please be aware that Olympia Gymnastics Academy reserves the right to withdraw any gymnast from a competition due to lack of preparedness because of a vacation.

Level 6 – 10 Families: Due to the nature and timing of the gymnastics competition season, Levels 6, 7,8, 9 & 10 gymnasts will need to be at all practices leading up to state meet, regionals and nationals. Please do not schedule any vacations during the months of March, April and May. Your athlete’s training and preparation for the championship season is a vital step in the competitive journey.

9. In many cases we register every gymnast for every competition. If you find that you are unable to participate in any competition (including in house meets) please let your child’s coach know, by filling out the meet withdraw form (printable from our web site) and putting in their mailbox, **as soon as you know of the schedule conflict**. We often send in meet entries and entry fees months in advance. It is sometimes possible to get a refund for gymnasts who cannot participate, but the chances of that happening are greatest if we can give the competition host enough notice of the opening for them to replace the missing gymnast.

10. In case of injury during warm-up or competition, please wait for your coach to give some indication that you should come onto the competition floor. In most cases you will not be invited onto the floor, because the injury is relatively minor and the coach *will* take care of it. Your daughter will continue the competition and she will need to maintain her focus. In cases of more serious injury where the gymnast may be finished for the day, then it would be appropriate for you to contact your daughter after she has been moved away from the competitive area for treatment. If the injury should be serious enough to require any emergency medical attention then your presence will certainly be needed and you should be close at hand. In some cases where the gymnast is very young or new to the sport the coach may give you the thumbs up to come on the competitive floor even if the injury is a minor one.

Part Five: Time and Financial Obligations

Gymnastics is a Bargain

Your child’s involvement in gymnastics will cost you money, time and effort. The children train in a large and well-equipped gym under the direction of an educated, experienced, and professional staff. The overhead incurred in running a large gymnastics club includes rent, utilities, insurance, taxes, debt services and supplies in addition to wages and equipment. It is impossible and unreasonable to think that this facility and the staff who trains the gymnasts can operate without adequate funding.

At Olympia Gymnastics we believe that the training, educational opportunities, and emotional support that we offer our students is valuable and important. The coaches spend an enormous amount of time planning, training, traveling, and supporting the gymnasts in addition to the time they spend actively coaching. Further, the coaches meet with parents and gymnasts, return phone calls, set up competitions, work to maintain and improve the facility, and organize and administer the competition program.

This may all be a labor of love, but it is still labor. Indeed, the coaches spend more time working on the development of the competitive team than on any other program in the gym. Given the extraordinary amount of time and effort the coaches put into the competitive program it makes no sense to suggest that they do all this work only to lose money every time the competitive gymnasts hit the floor.

Therefore, it is the express policy of Olympia Gymnastics to operate the competitive team program at a profit.

Notes about Tuition:

1. The decision to join the Olympia Team is a big one and reflects a commitment to the team for an entire year. Team members do not move on and off the team based on illness, injury, conflicts, or the like. You are either on the team or not. Team tuition would be higher if we determined tuition based on the likelihood that some team members might not be able to attend for various reasons. Computing a high number of gymnast hours in the gym lowers the cost to everyone. That is why there are no discounts for missed practices.
2. **The tuition is based on 48 weeks per year. There are 4 weeks of the year that you are not paying for. Olympia Gymnastics gives the following holidays and holiday weekends to our full-time and salaried staff: Christmas, New Years Day, Labor Day Weekend, Memorial Day Weekend, Independence Day, Thanksgiving Day, Christmas Eve and New Years Eve. The gym will be closed on these days and there will be no make-ups for these days because you have not paid for them.**

-Olympia Gymnastics will not offer regular team practice the week of Independence Day. This is an opportunity for our staff to have a much-needed vacation. We recommend planning your family vacations during this time whenever possible. We will always close the gym over this 4th of July week every year.

-Several levels on our competitive team may have practice cancelled due to competition. There are 2-3 weekends during the competition season where almost all of the coaching staff is required to travel to a meet. When this occurs, practice may be cancelled for the levels that are not traveling. We may also have to close due to weather from time to time.

-This leaves 7-10 days per year when the gym will be open and offering team practice that you have not paid for. We offer this extra practice time at no charge but we realize that most families take a vacation each year. Please take your vacation without worrying about missing practice time that you have paid for. You have not paid for the week to ten days that you will be missing.

3. Injured gymnasts are expected to participate in practice and gym activities to the extent possible. It is often possible to work around injuries and to turn a difficult time into something positive by increased work on flexibility, strength, specific events, or specific skills. There is no reduction in tuition until the total time missed exceeds one month, and then only if the gymnast cannot participate in workouts in any way. At that time the tuition may be adjusted depending on the circumstances. Any gymnast who is out for one month or more and has an approved tuition reduction must present a return to activity release signed by their doctor and pass a strength and flexibility test.

4. Any past due balance may suspend your child's participation in any competitions or special gym activities. Any unpaid balance that is overdue may terminate your child's participation in any gym practice, function or competition. Failure to stay current on tuition and OGBC dues may also result in your athlete not receiving uniform apparel.

5. Returned checks are charged at \$15.00.

6. Families with more than one team member will receive a 10% discount on the second student. Discount will apply to lower monthly rate.

7. You must pay your tuition by either check or cash. **No credit card payments will be accepted. Payments may be made be placed in the black Olympia (not booster club) drop box in the Pro Shop. If placing tuition in the drop box, you must use the provided envelopes a list your HOME phone number on the envelope**

8. A bill will not be issued unless your tuition is past due. OGA past due notices are placed in the athlete's mailbox and are not sent by email. **There is a \$10.00 late fee added to your account if payment is made after the 9th.**

9. **Departure Policy** if for some reason your family or child decides that you would no longer be a part of the Olympia team program a 30-day written notification is required. Thirty days following your notification your account will be removed from out team billing file. Failure to do so will result in a fee equal to your monthly tuition. A written notice must be given to a staff member of Olympia Gymnastics and Olympia Gymnastics Booster Club.

Uniforms and Apparel

All of the gymnasts will be dressed the same for all competitions. For all competitive levels the gymnasts will wear a competition leotard for the meet – this may be either long sleeved or a tank. They will wear the warm-up suit for March in and as needed during the competition. The gymnasts are required to stay in their warm-ups for awards

Grips and Tape

Dowel grips for the uneven bars are primarily used for gripping the bar on large swinging movements. Therefore, dowel grips will only be used for levels 5-10. We realize that in levels 2 - 4 your gymnast will experience "rips". Grips do not prevent rips. They do help to minimize rips. However a gymnast's hands must also be toughened so that rips will be less frequent in the future. When it is time for a gymnast to get grips, your child's coach will let you know.

All gymnasts must provide their own tape and pre-wrap. These items can sometimes be purchased at drug stores and places like Wal-Mart

Private Lessons

It is the opinion of the competitive coaches that all gymnasts will receive the instruction they need during regular practice times and private lessons are not needed. Occasionally it may be beneficial for a gymnast to have a private lesson if they are struggling with a particular skill or event and need extra coaching that is not available during a practice session.

All parents of Olympia Gymnastics team members must join this organization.

The Boosters organization is a nonprofit group which supports the efforts of the gymnasts, coaches and the team program at Olympia Gymnastics through paying coaches and gymnasts travel expenses, paying entry fees, USAG fees, and other expenses (ex: Social party & Awards banquet) *Please understand that OGA and OGBC are separate entities. This was established to allow OGBC to become a nonprofit organization and in turn lower the cost of your child's athletics. The staff at Olympia Gymnastics is not authorized to take part in the proceedings of the OGBC.*

Participation In high-level gymnastics is an expensive proposition. Many of our gymnasts would not and could not participate at the higher levels with the support of the Boosters. After spending years of work to attain a high standing in the sport, we do not want our gymnasts to have to drop out because they cannot afford it. The Boosters makes it possible for all of our gymnasts to go as far as their talent and hard work will take them.

General Booster Obligations: The members of Boosters decide what they will and will not do. Because you are a member, you get a vote. You will need to plan on participating at the following level (this is a minimum participation):

- Booster Club board meetings are held monthly. Attendance at these meetings is not mandatory, but very informative.
- Every year Olympia hosts at least one competition. The competition is the biggest fundraiser the Boosters conduct each year. **Participation from all families will be required.**
- Levels 3— 10 & Xcel are OGA's travel team. The booster club dues are \$650.00 per competitive season (September — June). You may choose to fundraise all or some of your dues.
- Level 2 are OGA's beginning travel team. The booster club dues are \$250.00 per competitive season (September— June). You may choose to fundraise all or some of your dues.
- Level 1 are in club teams. The booster club dues are \$250.00 per competitive season (September — June). You may choose to fundraise all or some of your dues.
- Membership for Levels 1& 2 also includes a competitive tank leotard.