



Panhandle Gymnastics Team Contract

Panhandle Gymnastics Team Goal:

To provide an opportunity for gymnasts to challenge and push themselves to be braver, stronger and better in all aspects inside and outside of the gym. To give athletes an opportunity to be part of a team that supports, loves and encourages everyone regardless of ability while focusing on hard work, commitment, integrity, discipline, patience, and kindness, while learning the power of failure and the joy of success. To give athletes a chance to showcase their abilities and their core values, to better themselves, their team, and their community.

The purpose of this contract is to inform gymnasts and parents/guardians of the policies and requirements for participating in the Panhandle Gymnastics USAG teams, to make sure they are understood and agreed to. Panhandle Gymnastics and the coaching staff have designed these policies to assure that all of the team athletes can learn and compete in a happy, safe and productive environment.

WOMEN'S ARTISTIC GYMNASTICS

Girls start competing as young as 6 years. The first level of competition is level 2 for USAG, but Panhandle Gymnastics begins competitions at Level 3. The girls will compete on Vault, Bars, Beam, and Floor. After receiving the required score and their coach's approval, athletes will advance up the USAG level system from Level 3 to Level 10. Levels 3-5 are compulsory levels, meaning that all the athletes at their particular level are doing the exact same routines. USAG Level 6 and up are optional levels, meaning that each athlete will have their own routines based on guidelines for each level. A very small percentage of athletes will go onto the elite level where they may become a candidate for the Olympics.

HOW OUR RATES WORK

Tuition rates are based on a yearly budget that is broken into 12 session payments. The cost of the entire program remains the same even when athletes are on vacation, sick, injured, or absent for holiday and/or bad weather gym closures. Therefore, there are no discounts for any of these situations. Panhandle Gymnastics may have additional practices free for team athletes in lieu of these situations, or allow team athletes to makeup on a different day. If an athlete should decide to drop from the team, then that spot will be replaced as soon as possible by another athlete. **Once the team contract is signed and September practices begin, tuition is due monthly for the remainder of the season which runs through May 31 of the following year, even if the gymnast chooses to drop from the team.** Each athlete's guardian is also required to pay annual USAG fees for competing gymnasts, fees for leotards and warmups, any travel fees, and additional choreography fees if needed. There will also be a required "coaches fee" for each meet that will go towards the coaches' travel costs for meets. Panhandle Gymnastics pays all the coach's annual USAG memberships fees, their recurring criminal background checks, and their recurring required training course fees. Team gymnasts must be signed up for automatic payments.

DELINQUENT TUITION PAYMENT

A delinquent tuition payment can result in suspension of the gymnast until payment is made or special payment arrangements have been made with the owner/ head coach. There will be a \$15 late fee applied to accounts that are more than 10 days past due.

USAG COMPETITIVE COSTS

Level 3 (2-3 Practices/week)

Competition Team (Gym Fee) **\$200/month**

USAG Membership Fee \$85 yearly, Head Tax \$12/Yearly

Competition Leotard and Warm Up Suit \$200-\$300 (Prices are Estimated)

Meet Fees \$110/Meet (Prices are Estimated)

Coach's Fee \$35/meet (non refundable if athlete scratches)

Travel Fees (Mileage +hotel fee if needed)

Choreography Fees \$40/ routine (if needed), Private Lessons (if needed) \$50/hour

Level 4 (3-4 Practices/week)

Competition Team (Gym Fee) \$225/month

USAG Membership Fee \$85 yearly, Head Tax \$12/Yearly

Competition Leotard and Warm Up Suit \$200-\$300 (Prices are Estimated)

Meet Fees \$110/Meet (Prices are Estimated)

Coach's Fee \$35/meet (non refundable if athlete scratches)

Travel Fees (Mileage +hotel fee if needed)

Choreography Fees \$40/ routine (if needed), Private Lessons (if needed) \$50/hour

Level 5 (4-5 Practices/ week)

Competition Team (Gym Fee) \$250/month

USAG Membership Fee \$85 yearly, Head Tax \$12/Yearly

Coach's Fee \$35/meet (non refundable if athlete scratches)

Competition Leotard and Warm Up Suit \$200-\$300 (Prices are Estimated)

Meet Fees \$115/Meet (Prices are Estimated)

Travel Fees (Mileage +hotel fee if needed)

Choreography Fees \$40/ routine (if needed), Private Lessons (if needed) \$50/hour

Level 6 (4-6 Practices/week)

Competition Team (Gym Fee) \$275/month

USAG Membership Fee \$85 yearly, Head Tax \$12/Yearly

Coach's Fee \$35/meet (non refundable if athlete scratches)

Competition Leotard and Warm Up Suit \$200-\$300 (Prices are Estimated)

Meet Fees \$125/Meet (Prices are Estimated)

Travel Fees (Mileage +hotel fee if needed)

Choreography Fees \$40/ routine, Private Lessons (if needed) \$50/hour

Level 7 (4-6 Practices/week)

Competition Team (Gym Fee) \$300/month

USAG Membership Fee \$85 yearly, Head Tax \$12/Yearly

Coach's Fee \$35/meet (non refundable if athlete scratches)

Competition Leotard and Warm Up Suit \$200-\$300 (Prices are Estimated)

Meet Fees \$125/Meet (Prices are Estimated)

Travel Fees (Mileage +hotel fee if needed)

Choreography Fees \$40/ routine, Private Lessons (if needed) \$50/hour

2024/2025 USAG COMPETITION SCHEDULE

Here is the meet schedule from last season. The girls do not have to go to every meet, but the more they compete the better they get at it. We also hope to always take enough girls to enter the team competition, and we need at least four girls to do this. Meets are typically sanctioned the first week of September, and we will release a more detailed schedule at that time. Next season's schedule will include some of these same meets, but we are looking to branch out a little farther (especially for our higher levels) in hopes of finding more consistent scoring.

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| November | Remi's Casper Mountain Invite | Casper, WY |
| November | Turkey Tumble | Sturgis, SD |
| December | Rapid City Invite | Rapid City, SD |
| December | Rudolph's Christmas Classic (Mock Meet) | Chadron, NE |
| January | Wild West Invitational | Rapid City, SD |
| January | Dreamy Pajama | Casper, WY |
| January | Miss Kayes Sparkle | Casper, WY |
| February | Winterfest | Denver, CO |
| February | Watiki Invitational | Rapid City, SD |
| March | Last Chance | Casper, WY |
| March | State Meet | Lincoln, NE |
| April | Regional Meet (optional levels only) | Lincoln, NE |
| May | SpringFest (Team girls are expected to participate and help with SpringFest) | Chadron, NE |

COACHING AND MOBILITY

Panhandle Gymnastics provides a well-qualified, professional coaching staff. Please allow your child to benefit from the coaches' expertise, experience, and knowledge. It is at the coach's discretion to move a gymnast to a higher level of practice at any time the coach deems necessary, provided they have met the USAG score requirements for mobility. The coaching staff has the right to remove any disruptive behavior from the gym in order to maintain a positive and safe environment.

Coaches' responsibilities include: Gymnastics Expertise, coaching effort, athlete impact, feedback and corrections for the gymnast, and Performance Updates for the parents.

FUNDRAISING

Panhandle Gymnastics Fundraisers: Fundraisers and the monies collected will go directly into your account and be applied to class fees, competitions, etc. throughout the season. Should your child leave the team with unused funds, those funds will remain with Panhandle Gymnastics.

Other Fundraising: Any additional fundraisers must be done under your gymnast's name or for the purpose of "competitive gymnastics". Panhandle Gymnastics' name MUST NOT be used for Other Fundraising purposes.

SOCIAL MEDIA/ WIRELESS DEVICE POLICY

Cell phones and other wireless devices are not allowed to be used during practice. If the athlete needs to communicate she may do so during our 15 minute break, but only to quickly respond to important messages. Photos and videos may not be taken during this time. If an athlete wants a video of a new skill or routine, their coach can record it and send it to the athlete's legal guardian.

Social media posts must be positive, encouraging, and with photographs of the athlete only. Team pictures/videos, or pictures and videos of more than just the athlete must be sent to and posted through the owner or office manager, or from the athletes' legal guardian(s) with permission. Athletes must maintain a positive social media presence with regards to Panhandle Gymnastics and their teammates. Negative, bullying, crude, or explicit posts will cause immediate expulsion from the Team.

Athletes are not allowed to friend, follow, or message their coaches on social media, and the same is expected from our coaching staff with regards to their athletes. Once a gymnast reaches the age of 14 they will be allowed to be added to our Remind communications as long as we have their guardian's permission to do so. All SafeSport policies must be followed.

DRUG/ALCOHOL ABUSE POLICY

Any use of tobacco (including vaping), alcohol, or illegal drugs will cause immediate expulsion from the team.

ACADEMIC POLICY

School always comes first. In the event that an athlete's grades fall below a C or 3.0 GPA the athlete will be suspended from the team until her grades are improved. Parental/guardian communication is needed to maintain this expectation. IEP's and special circumstances will be considered in certain situations.

RESPECT THE SPORT OF GYMNASTICS

The way you act in the gym and at competitions is a reflection on yourself, your teammates, and Team Panhandle. The following actions show respect and are expected of Team Panhandle's athletes.

-Participate in all selected competitions. We are a competitive team. Teammates are expected to support their fellow team members. We need to measure our work and progress by competition in front of our families, friends, and teammates. The more we practice competing the more confident we become for meets such as State and Regionals.

-Attend every scheduled practice leading up to a competition. Every competition is important. ALSO, if a gymnast misses a practice the week before competition (besides an excused absence such as sickness, or family emergency) she will be pulled from competition. Once you have committed to/ signed up for a meet, meet fees and coaches' fees are non refundable.

-Show the highest regard for our sport and your hard work by arriving at all competitions and practices on time.

-Conduct yourself with grace, courage and composure during the competition by accepting all scores in a positive manner.

-You may at no time during a competition go to the stands to talk to parents, families, or friends. This is a team competition and there is no need to speak with family until after the competition is complete. This

could be grounds for the gymnast to be asked to leave the competition, or be suspended from the next competition.

-THERE WILL BE NO TOLERATION OF TALKING OF A TEAMMATES' SCORE IN A NEGATIVE MANNER. IF THIS HAPPENS THE ATHLETE WILL BE PULLED FROM THE MEET IMMEDIATELY AND ASKED TO LEAVE. THE SAME IS EXPECTED FROM THE PARENTS AND SPECTATORS.

-Beginning in September gymnasts are committed to being on the team through the entire season, which runs through May 31.

EXAMPLES OF DISCIPLINARY ACTIONS

The coach will sit down and speak with the gymnast individually.

The gymnast may be asked to leave the gym and go home early.

The coach may request a meeting with the parents.

The gymnast may be suspended from the team for a period of time or may be scratched from a competition. Please NOTE: If a gymnast is suspended from workout or from a competition for any reason the fees associated with training or competing are not refundable or discounted.

The gymnast may be asked to leave the program if we cannot get her to conform to the expectations of the team, coach or gym. THERE ARE NO REFUNDS OF TUITION OR COMPETITION FEES WHATSOEVER IF A GYMNAST IS ASKED TO LEAVE THE PROGRAM.

These policies are intended to keep a standard in the gym that will provide a positive, happy, and professional atmosphere. We are here for your girls and would like to give them a wonderful and successful gymnastics experience.

PARENT/GUARDIAN CODE OF CONDUCT

1. Please remain in the observation areas during practice and let the coaches do their job.
2. Please refrain from bringing questions or concerns to the coach during practice hours. It is disruptive and will detract from the quality of the workout. The coaching staff is more than willing to talk with parents during non-coaching hours.
3. When observing during practice times, please be mindful of your comments, side conversations with other parents, facial expressions, and hand motions. The athletes are very aware of who may be watching them, and do start to feel judged when they notice pointing or whispering. Gossip between parents can be detrimental to a team. If you have an issue with policies, coaching staff, level placement, or other unresolved issues, please bring it to Coach Ashley's attention and set up a time to speak with her.
4. During competitions, please do not come onto the competition arena or communicate with your daughter from the stands.
5. Check E-mail, and remind messages regularly for gym updates.
6. Please remember that the measure of success needs to be decided by the gymnast doing the participating.

7. Communication between parents/guardians and coaches is extremely important. Please reach out and let us know about potential struggles or achievements at school, home, or in the gym. We need to all work together for the athlete.

8. Team members must carry their own primary health insurance policy to cover any/all medical expenses. In the event of an injury (either in or out of the gym) or an illness that requires a doctor's visit or more than 3 missed practices, a doctor's note is required to return to practice. If possible, we still expect injured gymnasts to be at practice.

9. Each athlete must have a physical exam form signed by a physician on file by September 1 to participate on the team. They must be 'cleared to participate' by the physician.

10. Parent responsibilities: Athlete support, attendance, and advocacy, athlete insight for the coaches, asking questions of the coaches, and emotional release, grounding, and objectivity for the athlete.

GYMNAST CODE OF CONDUCT

1. Gymnasts are expected to treat each other, coaching staff, recreational classes, administration, officials and the gym with respect and courtesy. During both classes and competitions, gossip, whispering, "romantic talk", and negative comments towards other teammates will NOT be tolerated.

2. Dangerous, disruptive or inappropriate behavior will not be tolerated.

3. Cell phones and electronics are not allowed on the gym floor, unless deemed necessary by coaching staff. Personal items must be kept in the athlete's cubby, and used only before and after practice or during snack time.

4. You set the expectation of behavior for the rest of the gym. Everyone here wants to be you. Everyone is watching you. Make sure you set a respectful example that shows bravery, determination, and hard work.

5. Whispering between team girls is not allowed. Even if your comments are kind, whispers will be interpreted as gossip or meanness.

6. Romantic relationship talk, unkind comments, and negative comments on another teammate's skills are not allowed. Encouragement and motivating comments are expected from teammates.

7. We do not want to hear 'I know.' If 'you know' we shouldn't have to be coaching you on the skill. Listen to your coaches. Our direction may differ from what you think, but it is important and necessary for you to score well at a meet and advance to the next level.

8. If you disagree with your coach, talk about it later, away from other teammates, and at a time agreed upon by both you and the coach. We do care about your feelings and opinions. If we are wrong, we want to get better. Arguing in front of the entire team shows disrespect and takes up valuable practice time.

9. Gymnasts don't sit. There is always something you can work on. Splits, handstands, progressions, or watch your teammates and learn from them. The girl who watches the most and learns from it will be the most successful gymnast.

10. If you have a problem with another teammate, or feel like another teammate is upset with you, bring it to your coach's attention. We will address it. WE ARE A TEAM. We will work through every issue to get along and make us stronger.

11. Negative talk about another gymnast is not allowed inside or outside of the gym. You do not have to be friends outside of the gym, but you are still teammates, and we expect you treat each other as such.

12. Gymnast responsibilities include: Effort, attitude, and application, self advocacy and asking questions of the coach, and emotional release to parents.

For a positive experience for all Panhandle Gymnastics Team members, certain boundaries are necessary. Disrespectful comments concerning coaches, gymnasts on the team or parents on the team can result in immediate suspension without reimbursement. Gymnasts and Parents must abide by the Panhandle Gymnastics Values and Philosophy. The Panhandle Gymnastics Team is open to all qualifying individuals. Panhandle Gymnastics does, however, hold the right to deny membership to anyone unwilling to abide by the Panhandle Gymnastics team handbook and policies, Code of Conduct. As a member and parent/guardian of Panhandle Gymnastics Team, I have read the team handbook and code of conduct and agree to abide by the stipulations therein.

Gymnast
Date

Parent/Guardian
Date

Gymnasts are Brave.