

WELCOME TO THE NAYDENOV GYMNASTICS GIRL'S TEAM!

The purpose of this handbook is to inform gymnasts and parents of the policies and requirements for participating in the Naydenov Gymnastics Girl's Team. Naydenov Gymnastics (NG) 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.

NAYDENOV GYMNASTICS TEAM GOAL

The goal of the Naydenov Gymnastics Girl's Team is to provide talented young ladies with the opportunity to train and compete in a positive and productive atmosphere. Naydenov Gymnastics offers Women's and Men's Artistic Gymnastics in compulsory and optional USAG Levels 4 – 10 (USAG Junior Optional program) and Elite.

WOMEN'S ARTISTIC GYMNASTICS

Gymnasts at Naydenov Gymnastics compete within the USA Gymnastics Junior Optional program. Girls start competing as young as 6 years. The first level of competition is level 4. The girls will compete on Bars, Beam, Floor, and Vault. After receiving the required score and their coach's approval, athletes will advance up the USAG level system from Level 4 to Level 10 followed by the elite international level. Levels 4-6 are compulsory levels, meaning that all the athletes at any particular level are doing the exact same routines. Levels 7 and up are optional levels, meaning that each athlete will have their own routines based on some guide lines for each level. A very small percentage of athletes will go onto the elite level where they may become a candidate for the Olympics. Every year we usually have a small group of young women usually level 9 and above that become eligible for college scholarships.

INSURANCE AND INJURIES

- Gymnasts must provide their own medical insurance.
- Gymnasts must report all injuries, including injuries that occur outside of the gym, to the coaching staff as soon as possible. The coaches can then make sure that the gymnast is protected from further injury during practice.

TUITION PAYMENT POLICIES

- Tuition billed over 13 sessions per year divided into 4 week sessions. Tuition is based on how many hours your child trains per week. Please see our web page or the front office for tuition rates. No credits for vacations, sickness, or injuries (we schedule and staff our teams based on the number of students at the beginning of a session.) You have the option to drop your child at the end of a session and try to re-enroll them at a later time. Tuition is prorated from where you start if re-enrolling. We do not hold any spots for athletes that drop. However, if the team is not full then it should be simple to start back again with your coaches approval.

ADDITIONAL FEES PAYMENT POLICIES

- If your child becomes an optional level gymnast she must receive a choreographed routine, from someone approved by the director. The optional routines are payable to the coach who is choreographing the routines. Payment is made directly to the coach and payment plans may be set up at the coach's discretion.
- Optional Floor Routine \$180.00-\$380.00 for Level 7 and higher.
- Optional Beam Routine \$180.00-\$380.00 for Level 7 and higher.

COMPETITION POLICIES AND PAYMENT SCHEDULE

- Gymnasts may compete both during the fall and spring.
- Gymnasts who are determined ready to compete by their coach will automatically be signed up for all of the competitions offered in the upcoming season

COMPETITION FEES & PAYMENT POLICIES

- Booster club and Meet Fees. The booster club fees and coaching fees are collected prior to the first meet.
- The competition fees apply to gymnasts whom are competing in the current or upcoming season
- All competition fees are payable to the Naydenov Gymnastics Booster Club (NGBC) and put into the Booster Box in the back gym, unless otherwise stated.

GYMNASTICS COMPETITION FEE OVERVIEW:

- The gymnast must hold a current USAG membership. USAG Annual Membership 2010 was \$48.00
- Competition Entry fees \$50.00 – \$100.00 per meet
- Competition Leotard approx. \$160.00
- Competition Warm Ups approx. \$175.00
- Coaches fees: Session fees, per-diem, mileage, hotel, training – Varies depending on the meet location and number of gymnast.
- Booster Club Fees 2009 was \$75 (National fund, and administration)
- Meet fees, competition attire and booster fees must be current and up to date prior to enrolling in competitions. Compulsory fees 2009 ranged from \$700 to \$1,100

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 director.

DELINQUENT BOOSTER FEES AND COMPETITION FEES

- If the gymnast is signed up for a meet, but the money is not in the booster account before the competition, the gymnast will be pulled from the meet and the money will still be owed to the Booster Club.
- If the gymnast has signed up for multiple competitions, the gymnast will be suspended from further competition until there is sufficient money in the gymnast's account to cover all the expenses and pay the money owed to booster club.
- Booster By-Laws outline late fee charges. A gymnast will not be allowed to practice with Naydenov Gymnastics Team until her booster fees are paid.

ATTENDANCE

- To maintain a quality and productive program, gymnasts are expected to be at every scheduled practice on time, unless other arrangements have been made with their coach. They may not be more than 10 minutes early in the gymnastics gym
- Attendance is required every day for 2 weeks prior to a competition unless excused for sickness. Injury 2 weeks before a competition may omit the gymnast from a competition as deemed by the coaching staff or a physician. Meet fees will not be refunded if your gymnast is sick or injured.
- The team practices year round. Each team decides on their own schedule for time off. Most teams do train on the day before and after most holidays.

CLOTHING ATTIRE

- Suitable clothing consists of leotards, Lycra shorts, and warm-up suits.
- Hair needs to be securely tied back when she arrives to class.
- Jewelry other than post earrings will not be permitted and is strongly discouraged to bring into the gym due to loss or theft.
- All gymnasts are required to be in full and proper team uniform when competing or appearing at a team function.

COACHING AND MOBILITY

- Naydenov 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 that the coach deems necessary. USA Gymnastics also has 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.

EXAMPLES OF DISCIPLINARY ACTIONS

- 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 is not refundable.
- 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 FEES WHATSOEVER IF A GYMNAST IS ASKED TO LEAVE THE PROGRAM.

RESPECT THE SPORT OF GYMNASTICS

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

- Participate in all competitions. We are a competitive team. We need to measure our work and progress by competition in front of our families, and friends, and teammates.
- Attend every practice leading up to competition. Every competition is important in some way. 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. The more we practice competing the more confident we become for meets such as Sectionals, State, and Regionals.
- Show the highest regard for our sport and your hard work by arriving to all competitions on time. Conduct yourself with grace and courage during the competition by accepting all scores in a positive manner. THERE WILL BE NO TOLERATION OF TALKING OF A TEAMATE'S SCORE IN A NEGATIVE MANNER. IF THIS HAPPENS THE GYMNAST WILL BE PULLED FROM THE MEET IMMEDIATELY AND ASKED TO LEAVE. THE SAME IS EXPECTED FROM THE PARENTS AND SPECTATORS.
- Gymnasts may at no time during a competition go to the stands to talk to parents, families, or friends. Again this is a team competition and there is no need to speak with family until after the competition and awards are complete. Again this could be ground for the gymnast to be asked to leave the competition, or be suspended from the next competition.

TRANSFERRING FROM TEAM TO TEAM

- Coaches put a lot of personal time into each athlete and ask their athletes to make a reasonable commitment to the team as well. Athletes must understand up front that switching between teams is not a simple process.
- During the non-competitive part of the season, a gymnast may transfer as long as there is mutual agreement between the coaches of both teams.
- The transferring gymnast must attend an exit meeting with the coaches of the team she is leaving. The gymnast will not be accepted onto the desired team until the coaches of the desired gym has the green light from the coaches of the team she is leaving.

BOOSTER CLUB

A. Description and Purpose

- The booster club is a parent volunteer support group and not a governing entity of Naydenov Gymnastics or of Naydenov Gymnastics' staff.
- The main purpose of the booster club is to provide various fundraisers that parents may participate in to help lower the cost of competition for their gymnasts. This includes meets that the team hosts and team fundraisers.
- Booster club fees will pay for:
Coaches travel expenses for gymnastics competitions, memberships, and some training. This includes airfare, hotel, and car rental and food expenses.

B. Involvement

- Parents are required to participate in the booster club and volunteer hours for various fundraisers and home meets.
- To become involved and to receive more information of the booster club, please contact the team manager for the team you are on.

C. Booster By Laws

- Parents need to obtain a copy and read through the booster by-laws. For any questions or clarifications, please contact the team manager.

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.

GYMNAST and PARENT CODE OF CONDUCT

The following code of conduct supports the mission of Naydenov Gymnastics and defines acceptable behavior to help provide a positive experience for all participants.

1. Gymnasts are expected to treat each other, coaching staff, recreational classes, officials and the gym with respect and courtesy.
2. Dangerous, disruptive or inappropriate behavior will not be tolerated.
3. Parents please remain in the observation areas during practice and let the coaches do their job.
4. 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.
5. During competitions, please do not come onto the competition arena or communicate with your daughter from the stands.
6. Come regularly into the gym to obtain information in your box and on the bulletin board. Check E-mail regularly for gym updates.
7. Please remember that the measure of success needs to be decided by the gymnast doing the participating.
8. For a positive experience for all Naydenov 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 Naydenov Gymnastics Values and Philosophy. The Naydenov Gymnastics Team is open to all qualifying individuals. Naydenov Gymnastics does, however, hold the right to deny membership to anyone unwilling to abide by the Naydenov Gymnastics team handbook and policies, Code of Conduct and/or Booster Bylaws.

As a member and parent of Naydenov Gymnastics Team, I have read the team handbook and code of conduct and agree to abide by the stipulations therein.

Gymnast Date

Parent Date