



WELCOME TO THE NAYDENOV GYMNASTICS GIRL'S TEAMS!

The purpose of this handbook is to inform gymnasts and parents of the policies and requirements for participating in the Naydenov Gymnastics Girl's Xcel or Junior Optional (JO) Teams. 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. NG offers Women's Artistic Gymnastics for both USA Gymnastics Xcel and USA Gymnastics Junior Optional programs.

WOMEN'S ARTISTIC GYMNASTICS

Girls start competing as young as 6 years. The first level of competition is level 3 for JO or Bronze for Xcel. 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 followed by the elite international level for JO or Bronze to Platinum for the Xcel levels. Levels 3-5 are compulsory levels, meaning that all the athletes at any particular level are doing the exact same routines. Xcel and JO levels 6 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. We are very proud that our gymnastics program has led to full college scholarships to several of our higher-level athletes.



HOW OUR RATES WORK

Tuition rates are based on a yearly budget that is broken into 13 session payments. The cost of the entire program remains mostly 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. NG has made all open gym practices free for team athletes in lieu of these situations. There are no make-ups for team athletes. If an athlete should decide to drop from the team, then that spot will be replaced as soon as possible by another athlete, or one of the coaches might be assigned to another group.

NG takes pride in offering some of the lowest tuition rates in the area and one of the best competitive gymnastics programs in the United States. In addition, there are no annual membership fees and no annual contracts that most other gyms require. NG pays USA Gymnastics club, regional, and state annual fees that are required to compete athletes in USA Gymnastics sanctions meets.

HOW OUR RATES WORK - CONTINUED

NG also pays all the coach's annual USAG memberships fees, their recurring criminal background checks, and their recurring required training course fees. NG also contributes to the booster club in many forms from monetary donations, facility rental, and general support. In other gym clubs most of these expenses are paid by the booster club and passed to the athletes.

Competitive gymnastics is a very rewarding and incredible experience, but might not be affordable for every family. At NG we do our best to keep the cost down, and at the same time maintain the best equipment and the highest quality staff in the area.

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 out in the gym before for practice.
- ✓ 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.

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 is billed over 13 sessions per year divided into four weeks sessions. Tuition is based on the number of hours your training group trains per week. Please see our web page or the front office for tuition rates. **No credits for vacations, sickness, holiday closures, 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. Training fewer hours because of an injury and with coach's approval, might qualify an athlete for a lower tuition rate, but no lower than 50% of the regular team tuition. Open gyms are free to team athletes, and the only choice for make ups.

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.

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

- ✓ Meet fee assessments are collected prior to the first meet. Meet entry fees are usually required by host clubs several months prior to the competition.
- ✓ Xcel Competition fees are paid directly to Naydenov Gymnastics and noted as Xcel assessments. JO Competition fees are paid directly to Naydenov Booster Club (NBC) and put into the Booster Box. This box is in the front gym lower level by the blue benches or mailed to NBC, PO Box 820603, Vancouver, WA 98682-0013.

GYMNASTICS COMPETITION FEE OVERVIEW:

- ✓ The gymnast must hold a current USA Gymnastics membership. Annual Membership 2018 was \$59.00
- ✓ Competition Entry fee per meet \$65 - \$130.00 (6 to 9 meets season)
- ✓ Competition Leotard & warmup leotard (new leotards every 2 years – even years) \$245.00 - \$365.00
- ✓ Competition Warm Ups & Bag approx. (new warmups every 2 years – even years). Approx. \$265.00
- ✓ Coaches fees: Session fees, per-diem, mileage, hotel, training – Varies depending on the meet location and number of gymnasts. 2018/19 compulsory: \$613, optional: \$613, Xcel \$668.
- ✓ Meet fees, competition attire and booster fees must be current and up to date prior to enrolling in competitions. Total cost for 2018/19 compulsory: \$1,236, optional: \$1,487; Xcel: \$1,486 plus approx. \$550 for attire.

ADDITIONAL FEES PAYMENT POLICIES

- ✓ If your child becomes an optional level gymnast then she must receive a choreographed routine. The Optional routines are payable to the coach who is choreographing the routines. Payment is made directly to the coach.
- ✓ JO L6-10 Floor Routine w/music \$250.00-\$450.00. Xcel Floor w/music and Beam Routine: \$250.00
- ✓ JO L6-10 Beam Routine \$100.00-\$250.00.
- ✓ Privates are optional and range from \$50.00-\$85.00 an hour depending on the coach. Payment is made directly to the coach.

DELINQUENT BOOSTER FEES AND COMPETITION FEES

- ✓ If the gymnast is signed up for a meet, but the money is not in their competition assessment account before the competition, the gymnast will be pulled from the meet and the money will still be owed to the Booster Club.
- ✓ A gymnast will not be allowed to practice with Naydenov Gymnastics Teams until her competition fees are paid.

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.

TRANSFERRING BETWEEN TEAMS or TRAINING GROUPS at NAYDENOV GYMNASTICS

- ✓ Coaches put a lot of personal time into each athlete and ask their athletes to make a reasonable commitment to the team as well.
- ✓ During the non-competitive part of the season, a gymnast may transfer as long as there is a 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.

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, 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.
- ✓ Gymnasts 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 ground 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 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.

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 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 TUTION OR COMPETITION FEES WHATSOEVER IF A GYMNAST IS ASKED TO LEAVE THE PROGRAM.

JO L3-10 and Elite BOOSTER CLUB (not Xcel)

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 offset the cost of national competitions and 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.
- ✓ Funds from booster club activity in the past have helped with:
Coaches travel expenses for gymnastics competitions, and some training. This includes airfare, hotel, car rental, coach's session fees, and food expenses.

B. Involvement

- ✓ Membership in the booster club is optional for team athletes of Naydenov Gymnastics.
- ✓ To become involved and to receive more information of the booster club, please contact the team manager for the team you are on. **You can find your team manager at**
<http://www.naydenovboosterclub.org>

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