



## GYMSTRADA TEAM AGREEMENT

### All Stars (Xcel) Team

Team Parents,

We are happy to have your gymnast(s) as a member of Gymstrada's All Stars competitive team, soon to be the Xcel competitive team as USAG nationalizes the program. We hope that you have a long and rewarding relationship with Gymstrada. This document describes the obligations that Gymstrada requires of Gymstrada team members.

### Competitions

Gymstrada team gymnasts are expected to attend all meets scheduled by Gymstrada. For the 2013/2014 competitive season, at least some competition expenses are expected to be covered by the Gymstrada Parents Association. Parents will be expected to pay an assessment to cover competition expenses to the extent that fundraising efforts are insufficient to cover all such expenses. The entire amount of any assessment must be paid before your gymnast will be registered for meets. You must stay current with tuition and your GPA obligations (if you choose to join the GPA, more information below), throughout the entire year. If you are not current with tuition and/or GPA obligations then your child cannot and will not be registered for any competitions. If she is registered and you fall behind with tuition or GPA obligations, you will receive an email letting you know that your child will be pulled from competition.

### Volunteer hours

For the 2013/2014 competitive season, Gymstrada requires that families of All Star (Xcel) gymnasts volunteer to work at least one session at each meet hosted by Gymstrada *at which the All Star (Xcel) team competes*. A session usually lasts for four hours. There are many ways to meet these volunteer hours, including volunteering for set up and break down, working concessions or hospitality, working check-in, or volunteering to help decorate or put together goody bags. If your family has other obligations that prevent you from working during a meet weekend, please see Gymstrada for other alternatives to fulfill your hourly requirement. These hours are in addition to any bingo or alternative fundraising hours required by the GPA, as discussed more fully in the GPA Parent Guide.

Gymstrada offers the option for families to pay \$15 per hour instead of working, provided that these sums are paid at least five business days prior to the meet for which they are designated. Families that 1) agree to work or 2) do not make monetary or other arrangements and then do not fulfill their obligations will be charged \$25 per hour that they fail to work. Payment will be due no later than five business days following the meet at which a family fails to meet its hourly requirement.

## Team training

Your child is placed in a Training Group for training purposes. Each Group trains on specific days and for a specific number of hours, which correlates to the particular level they are competing. Your gymnast's level may change throughout the year, but that does not mean that your gymnast's Training Group will change or that training times will change. Each gymnast's situation will be assessed and dealt with individually to determine any changes that might occur during the season. The practice schedule is based on the capacity of the gym; therefore, Gymstrada cannot allow make-ups for missed practices. Depending on the days your gymnast trains, there may be extra practices during the meet season. You will receive an email communication from Gymstrada or the Gymstrada Parents Association in the event that your child's Training Group will be practicing on different days or at different times from the regular schedule. It is your responsibility to know what is going on with your Training Group. Please check email regularly.

Once your gymnast is placed in one of the competitive Training Groups, he or she will be expected to compete for Gymstrada on Gymstrada's competitive team. To be a member of Gymstrada's competitive team and compete for Gymstrada, you have two options:

Option 1: You may join the Gymstrada Parents Association (GPA). The GPA provides fundraising opportunities for families to raise funds to offset the expenses of team competition, such as travel and coaches' fees. As a member of the GPA, you then can choose whether you want to volunteer your time to work bingo or volunteer for alternative fundraisers.

Option 2: Choose not to join the GPA. You will then be responsible for paying an administrative fee of \$1,200 per year to cover all team-related work done by Gymstrada. This amount will be collected in two payments on September 1<sup>st</sup>, 2012 and October 1<sup>st</sup>, 2012 and is in addition to any competition expenses not covered by the Gymstrada Parents Association.

If you have a question about either of these options or would like to discuss them, please see either Nic Tolley for Gymstrada related questions or Megan Burns or Karen Cumber for GPA related questions.

## Outside Training

It has been our experience that it is actually more detrimental than positive for gymnasts to receive training from coaches who are not associated with Gymstrada. When a coach from a different organization teaches our gymnasts, the gymnasts often become confused by the dissimilar techniques that are taught. There is also the risk of injury to consider. We have found that some gymnasts who receive outside help end up with injuries that have hindered their ability to compete. It is important to remember that your gymnast is competing for Gymstrada and that exercises that are not approved by Gymstrada and that could lead to injury are not in the best interests of either Gymstrada or your gymnast. Private lessons and extra help are offered by Gymstrada and by the coaches employed by Gymstrada for a fee. Any training or extra help at an outside facility must be pre-approved by Gymstrada. The foregoing does not apply to most summer gymnastics camps. If you are considering a summer gymnastics camp, please see Nic Tolley for a list of recommended camps.

## Sportsmanship

Good sportsmanship is mandatory at all competitions. No flash photography or lights on camcorders are allowed during the meet. If you take photos or video, the flash will need to be turned off. If you use cameras and/or video recorders please use them for positive reasons throughout the entire competition. Parents are not allowed in the competition area, or to speak to judges or coaches. Parents are expected to exercise good sportsmanship at meets. Please do not

gossip about other gyms or gymnasts while attending a meet. Please be cautious of making loud noises, cheering loudly and/or engaging in loud applause during competitions. This has a tendency to distract gymnasts during the competition. Gymnasts are required to stay for the entire awards ceremony for the session in which they compete. It is expected that all team members will remain on the floor with the team until the awards are completed and the session officially ends.

Parents are expected to exhibit good sportsmanship and respect in the viewing area of the gym. Please do not gossip about other children, coaching staff, or other parents. If this becomes a problem, you may be asked to leave the viewing area. Coaches are always happy to speak to parents. However, please do not interrupt team practice or team meetings to speak to a coach. Under no circumstances should you enter the practice floor at the gym. Either make an appointment to speak to your child's coach or wait to speak to him/her after practice. Please respect the decisions the coaching staff at Gymstrada makes; they have years of experience and will make the best decisions for each gymnast and the entire team/program. If there is an emergency and you need to speak to a coach, please speak to the secretary in the office and he/she will get the appropriate coach for you.

### Snacks

One of Gymstrada's main focuses is to promote a healthy lifestyle for its athletes. Please be conscious of the types of snacks/food/drinks your daughter brings into the gym. The coaches will be happy to discuss with you proper snacks to eat during gymnastics training. On or around your child's birthday, we would be happy to let you bring in a snack to share with the entire gym or with your daughter's training group. Please see Nic Tolley ahead of time to get approval for the snacks you are bringing in.

### Leotards

Gymstrada takes pride in what our gymnasts look like during competitions. All the gymnasts in each level will have a warm up and a specific leotard they will wear during competitions. Please have all sizing approved by Amanda Tolley or Erin Hulls.

### Choreographed Floor and Beam Routines

Once your daughter becomes an All Star Intermediate or Advanced gymnast (Xcel optional), she will need to have choreographed floor and beam routines. Beam routines are choreographed free of charge. Floor choreography requires a payment, the amount of which will vary depending on the choreographer. All floor choreography must be done by a Gymstrada coach, or by a Gymstrada approved choreographer. Floor music must be selected prior to beginning work on the choreography. All floor music must be approved by Amanda Tolley, regardless of the choreographer you are using. If you choose a choreographer from Gymstrada, you are paying for the right to use the choreography, usually for a period of two years. The right to the choreography belongs to Gymstrada. Please contact Amanda Tolley for choreography details.

### Leaving team

Gymstrada requires a two week written notice if your child will be leaving the team. This notice should be emailed to Nic Tolley [nictolley@gmail.com](mailto:nictolley@gmail.com). No refunds are given for competition fees, choreography or tuition for any reason at any time. If your child quits the team prior to a competition, you will NOT be refunded any competition fees already paid to the meet organizers.

If your child is injured during the season and cannot compete at a meet or meets, you may still be responsible for your competition expenses and choreography expenses (to the extent not covered by the GPA's fundraising efforts). There

will be no prorated tuition for missed practices. Please see Nic Tolley to discuss whether tuition may be adjusted for reduced training hours due to injury.

AGREEMENT

This Agreement is made and entered into this \_\_\_ day of \_\_\_\_\_, 2013, between Gymstrada Gymnastics Schools, Inc. and \_\_\_\_\_ ("Responsible Party").

The Responsible Party, as parent/guardian of \_\_\_\_\_ ("Gymnast") hereby agrees as follows:

1. I have read the entire Team Agreement and understand the commitment, standards and significant financial obligation involved with joining a team and I agree to abide by the policies set forth therein.
2. I understand that competitive gymnastics is a time consuming sport and it is my intention for my Gymnast to remain at Gymstrada throughout the entire season. However, if I remove him/her for any reason, I understand and agree that competition fees and tuition are non-refundable regardless of whether my Gymnast attends a competition. I understand that I must pay any assessment in full when due.
3. I understand that I am expected to and I agree to work or provide someone to work at least one session (4 hours) at each meet hosted by Gymstrada at which the All Stars team competes during the competitive season, or pay \$15 per hour at least five business days prior to each meet. I understand that I will be charged \$25 for each hour that I fail to work or for which I fail to make prior payment or other arrangements, to be due no later than five business days after the meet at which I fail to meet my hourly requirement.
4. I understand and agree that if I remove my Gymnast from the program, I must provide a two week written notice to Nic Tolley or Jeb Tolley (email to Nic Tolley at [nictolley@gmail.com](mailto:nictolley@gmail.com) or to Jeb Tolley at [jtolley@exis.net](mailto:jtolley@exis.net) is sufficient).
5. I understand that if I fail to meet the requirements set forth in this Agreement or fail to make payment of the administrative fee or any competition fees when due, my Gymnast may be prohibited from competing for Gymstrada's competitive team.

Parent Name: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Gymnast name: \_\_\_\_\_

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