

Athlete: _____ Program _____

Recommended Hours _____ Level Training _____ Coach _____

Team Supernova Parent Information Packet 2018/19

Supernova STRENGTH

Gymnastics GRACE

Club COURAGE



“SUCCESS IS A JOURNEY NOT A DESTINATION”

Our competitive program provides an environment that fosters and nurtures the attributes of a sound mind sound body leading to successful healthy and well-rounded athletes. Our competitive program is built on long-term skill development at each gymnast own pace; Team Supernova, as well as the CanCompete program provide the necessary time to develop and perfect gymnastic skills in a logical, progressive and safe manner with recommended training hours per level. We do not believe in the 20-hour workweek. Over-training is the reason gymnasts leave our sport. Our competitive program provides our gymnasts with options and ample time for school responsibilities, family activities and an outside life with friends. Life is about experiences and the usaigc/iaigc league provides positive well-balanced competitive experiences for all of its gymnasts.

Our competitive options help prevent gymnasts’ “frustration” of being stuck in a competitive level. -the gymnasts’ skill level determines their competitive entry level.

We hope that our athletes learn to shine inside and outside the gym. As levels are earned and medals are won, each gymnast will understand so many life lessons through their hard work and accomplishments.

Athletes gain discipline, face fears by finding the **courage** to do what they imagine they can, find commitment, dream, gain **strength** in mind and body, and achieve an understanding of responsibility for both group and individual actions. They grow as leaders; learn sportsmanship, how to perform under pressure, and how to accept victory and defeat with **grace**.

“WELCOME TO THE JOURNEY”



Welcome to the Supernova Gymnastics Competitive Team CanCompete Program

The purpose of this handbook is to inform gymnasts and parents of the policies and requirements for participating in the Supernova Gymnastics Girl's Competitive and non competitive CanCompete teams. Supernova Gymnastics Club(SGC) 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.

Supernova Gymnastics Team Goals - CanCompete

The goal of the Supernova Gymnastics team is to provide talented young ladies and developing gymnasts in our CanCompete with the opportunity to train and compete in a positive and productive atmosphere. SGC offers Women's Artistic Gymnastics in the optional only league IAIGC and a in-house competitive league. The IAIGC is a wonderful program that has given our team the opportunity to compete outside of our own locale and experience international and cross border travel.

Womens Artistic Gymnastics

Gymnasts at SGC compete within the IAIGC Gymnastics Optional program. Girls start competing as young as 6 years. The first level of competition is Copper1. 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 IAIGC level system. An Optional level program means that each athlete will have their own routines based on some guide lines for each level. Our team has had the opportunity to experience road trips, team bonding, and travelling to the U.S. to compete in Syracuse, Rochester, and Watertown. The IAIGC also holds their own World Championships to athletes who achieved qualifying scores to travel destinations such as California and Florida. **The 2019 World Championships will be held in Nashville, Tennessee from June 30th – July 6th at the Gaylord Opry Resort and Convention centre.**

CANCOMPETE1 SPECIFIC: This team is a standalone in-house competitive team that also has the option to participate in 1outside meet when ready.

How our rates work

Tuition rates are based on a yearly budget that is broken into 14 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. There are no make-ups for team athletes, unless arrangements

have been made prior to an absence. If an athlete should decide to drop from the team, then that spot will be replaced as soon as possible by another athlete.

SGC takes pride in offering some of the lowest tuition rates and one of the best competitive gymnastics programs in the region. In addition there are no hidden fees or fundraising fees that most other gyms require.

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.

Injuries

- ✓ 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

- ✓ Competitive Team: Your yearly is based on a 48 week year which is divided into 12 equal monthly tuition payments.
- ✓ CANCOMPETE: Your yearly tuition is based on 10 month year divided into 10 equal monthly tuition payments.
- ✓ Tuition is based on the number of hours your training group trains per week. Please see our for tuition rates on the attached registration form.
- ✓ Competitive is a year round commitment and therefore payments are due on the 20th of each month unless you withdraw from the program with 30 days written notice before the 1st of the training month you will not be attending.
- ✓ CANCOMPETE is a 10 month commitment with summer training encouraged.
- ✓ 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.)
- ✓ Payment is due on the 20th of each month prior to the months training period.
- ✓ 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 can be used for makeups for classes missed

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, winter, 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.
- ✓ New Gymnasts will be informed when they are ready for competition.
- ✓ CanCompete athletes must submit their registration forms, \$35 registration fee and September fees on August 23rd – 25th. . Competing athletes must submit the higher \$100 membership fee on August 23rd.

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. For that reason we try to give you a tentative schedule upon registering for the new season.
- ✓ Competition fees must be paid with a credit card by the due date the host club has chosen on the new registration site.... www.allgymnastics.com . Your credit card on file will be used or you will be asked to come into the gym to use our account for that site.
- ✓ Members will be give payment due dates for additional meets added to the schedule. Payment must be received promptly on the due date.

Gymnastics Competition Fee Overview

- ✓ The gymnast must hold a current IAIGC membership. They will be registered with USAIGC for the new season upon receipt of their registration package.
- ✓ Competition Entry fees are approx. \$90 per meet. Your child will be attending 3 meets. You must include 3 post dated checks for \$90 upon registration, or permission to charge your credit card on file with the office.
- ✓ Competition Leotard approx. \$125.00
- ✓ Competition Warm Ups approx. \$100.00
- ✓ Coaches fees: Session fees, per-diem, mileage, hotel, training – Varies depending on the meet location and number of gymnast. The 2019 coaching fees totaled approximately \$40-\$75 per meet when travelling to Syracuse NY.
- ✓ Meet fees, competition attire and coaches fees must be current and up to date prior to enrolling in competitions.
- ✓ All members are responsible for the 3 mandatory meet fees and coaching fees by credit card payment on the allgymnastics website. This must be done in the gym office under Supernova's registration account.

Additional Fees Payment Policies

- ✓ If your child becomes an optional level gymnast she must receive a choreographed routine. If this cannot be done during class time, the following will apply;
- ✓ The Optional routines are payable to the coach who is choreographing the routines.
- ✓ Payment is made directly to the coach.
- ✓ Private lessons are \$40.00 an hour

Clothing/Attire

- ✓ Suitable clothing consists of leotards, Lycra shorts. Shorts are not necessary or encouraged.
- ✓ 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

- ✓ Supernova 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.
- ✓ The staff may also need to lower a gymnast's level if they have missed classes and their skills have suffered.
- ✓ CanCompete members may use their program as a stepping stone into Team Supernova
- ✓ CanCompete members will be invited to join the girls competing team when their coach believes they are ready to train to compete and are interested in the added commitment involved.

Leaving the Program to attend a different gym

- ✓ Coaches put a lot of personal time into each athlete and ask their athletes to make a reasonable commitment to the team as well.
- ✓ We understand that you must find the right "fit" for your child and even though we think we are an outstanding gym, the floor may be bluer elsewhere for your gymnast.
- ✓ We ask that you finish your year long commitment at Supernova and you give your appropriate 30 days written notice.
- ✓ You will be required to pay your tuition if you did not give the appropriate notice.
- ✓ I believe it is good business practice that the gymnast does not discuss her plans to attend another gym with her teammates as it does not match our policy to promote Supernova's Competitive Program.

Respect for the Sport of Gymnastics

- ✓ The way you act in the gym and at competitions is a reflection on yourself, your teammates, and Team Supernova. The following actions show respect and are expected of Team Supernova'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.. The more we practice competing the more confident we become for meets such Regionals, and Worlds
- ✓ 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. Again this is a team competition and there is no need to speak with family until after the competition is complete. Smiles, waves, and cheering are welcome!

THERE WILL BE NO TOLERATION OF TALKING OF A TEAMMATE'S SCORE IN A NEGATIVE MANNER . 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. We all love the sport of gymnastics and we're all here to either train and compete, parent, cheer, coach, watch, and make friends and have an amazing gymnastics community. I've never had the above happen....

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 Supernova 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. We recommend that you limit your viewing time to 10 minutes at the beginning and end of class so your gymnast can focus on their gymnastics.
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 Supernova 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 Supernova Gymnastics Values and Philosophy. The Supernova Gymnastics Team is open to all qualifying individuals. Supernova Gymnastics does, however, hold the right to deny membership to anyone unwilling to abide by the Supernova Gymnastics team handbook and policies, Code of Conduct and/or additional policies.

2019 Team Supernova Agreement

Please read, sign and return.

- As a member and parent of Supernova Gymnastics Team, I have read the team handbook and code of conduct and agree to abide by the stipulations therein.
- I have read all sections and understand my responsibilities to the team.
- I understand the time and financial commitment involved in competitive gymnastics and agree to make my tuition and competition fees fee payments on time.
- I will do my best to attend all practices and be on time.
- I understand that by joining a competitive team program the main purpose is to train hard to compete the routines and skills I have learned at the 3 mandatory gymnastics meets.
- I understand that it would be an honor to qualify to attend the USAIGC/IAIGC 2018 World Championships.
- I will come to the gym with a positive attitude, and if I am not feeling well, I will immediately inform my coach.
- I understand that either myself or my parent will email the gym or text the gym at 289-600-3185 to inform them that I am unable to attend class that evening
- I understand that school and family comes first and I must work hard at school to maintain good grades and participate in extracurricular activities where possible.
- I understand I must give 30 days written notice before the first of the month that I will be leaving the program.
- I understand that the competitive program is a year round commitment and CanCompete runs Sept -June
- I understand that my post dated checks, Credit card on file or promise to pay via Etransfer for tuition and competition entry fees must accompany this registration package, along with Septembers fee and registration fees.
- I understand that bullying and gossip is hurtful and it has no place on Team Supernova, whether it happens in the lobby, outside, in the changeroom, in the gym, or through social media. Please inform the office immediately.
- I agree that as a member of Team Supernova I will act appropriately online with my interactions with others..Especially if I have posted in my profiles that I am a member of Team Supernova.
- I understand that my children may not add themselves as friends of Supernova Coaches on social media sites, or text them on their personal phone. Please have a parent text Supernova Gymnastics at 289-600-3185 only.
- Gymnasts are welcome to follow Supernova’s official Facebook page and Supernova Gymnastics’ instagram account.
- Gymnasts are not to personally contact coaches through these accounts, all communication with a coach must be transparent! Or from a parent.
- Parents are welcome to directly message either Georgina or Kyleigh through the official facebook and instagram.
- All communication between a gymnast and coach must be transparent. If an emergency arises where a gymnast contacts supernova personally, the conversation must be cc’d to the parent.
- Under no circumstances will an athlete be allowed to communicate with a coach directly through social media, nor will a coach be allowed to do the same to an athlete.
- I understand my athlete must not travel alone with a coach without another coach or chaperone present.
- I understand that being on the team is a privilege and must abide by the rules.
- I understand this form must be returned by August 23rd 2018

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

Gymnast

Date

Parent

Date