

# *Integrity Girls' Team Handbook*



*2018 - 2019*

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# *1: Welcome to Integrity Girls Team*

We are glad you have chosen Integrity Gymnastics for your team gymnastics experience. We are confident that your daughter will be happy with the opportunities that team gymnastics provides and we'd like to welcome you to the Integrity Girls Team family. Our athletes have thrived in our program as we have produced countless State Champions, Regional Qualifiers, Regional Champions, as well as National Qualifiers and Scholarship athletes.

The mission of Integrity Gymnastics Girls Team is to develop happy, healthy, and confident individuals. We strive to find a balance for our athletes that will allow them to be challenged at their current ability level while experiencing both personal and team success. It is our goal that each child develops to the best gymnast that they can be, and they learn both valuable gymnastics and life lessons.

We are excited to provide one of the top training facilities in central Ohio as well as the Midwest Region. Our athletes are provided the top most resources bolstered by an impressive and highly experienced coaching staff. This program will allow your child to develop her confidence, poise, individuality, mental and physical strength, determination, dedication, and self-respect.

The following is a breakdown of the levels within the Integrity Girls Team Program.

- **Little Stars:** Pre-Competitive level of gymnastics. The main focus of this level is developing beginner compulsory gymnastics by means of strength, flexibility, and basic skill instruction. Introducing gymnastics vocabulary and following an organized class structure is also an integral part of this level.
- **Rising Stars:** Pre-Competitive level of gymnastics. Athletes will continue to develop the fundamentals learned in Little Stars. As the gymnast shows readiness, more difficult skills and drills will be added while continuing to focus on building strength and flexibility. This level of athlete will train for an in-house exhibition meet at Integrity.
- **Super Stars:** Pre-Competitive level of gymnastics. The athletes will transition into more complex skills, piecing together the basics learned in the previous levels. The gymnasts will also begin learning sequences of skills to perform at an in-house exhibition meet at Integrity, as well as competing at local meets in the Columbus and Greater Columbus areas.
- **Level 2:** Beginner level of compulsory gymnastics. These athletes will learn all the level 2 routines and requirements as well as work on some level 3 skills when ready. These athletes will compete at USAG sanctioned meets in the Columbus and Greater Columbus areas.
- **Level 3 & 4:** Beginner and Intermediate level of compulsory gymnastics. These athletes will continue to build a strong foundation of strength, flexibility, and skill acquisition with a focus on technique and performance. Compulsory athletes will showcase their routines in local and state competitions and will conclude their season with the State Championship Meet.
- **Level 5 & 6:** Advanced level of compulsory gymnastics, and beginner level optional gymnastics. These athletes will compete at the local and state levels and will conclude their season with the State Championship Meet.
- **Level 7 & 8:** Beginner and Intermediate level of optional gymnastics. These athletes compete their own routines while meeting compulsory requirements. These athletes will compete at the local, state, and regional levels and have the opportunity to qualify to the Regional Championships.

- **Level 9 & 10:** Advanced level of optional gymnastics. These athletes will compete at the local, state, regional, and national levels and conclude their season with the National Championships.

**XCEL:** The USA Gymnastics XCEL program consists of 5 levels: Bronze, Silver, Gold, Platinum, and Diamond. These levels are optional in nature and the athletes will compete their own optional routines while meeting skill requirements at each level. These athletes will compete at the local and state levels and will conclude their season with the Regional Championship Meet.

Integrity Girls Team splits these athletes into training groups from Xcel 1 – 5. We strive to place each XCEL athlete in the most appropriate training group that will provide them the most success in their gymnastics development.

- **Xcel 1-**Beginner level of Silver gymnastics. The main focus of this level is developing beginner gymnastics by means of strength, flexibility, and basic Silver level skill instruction. This level of athlete will train for an in-house exhibition meet at Integrity, as well as competing at local meets in the Columbus and Greater Columbus areas.
- **Xcel 2-** Advanced Silver level of gymnastics. The gymnasts will continue to perfect the more difficult Silver level requirements, as well as starting to work on Gold level skills. These athletes will compete the Silver level at USAG sanctioned competitions at the local and state levels and will conclude their season with the State Meet and have the opportunity to qualify to the Regional Championship Meet.
- **Xcel 3-** Introductory Gold level of gymnastics. The gymnasts will focus on the basic Gold level skill requirements. These athletes will compete at the Gold level at USAG sanctioned competitions at the local and state levels and will conclude their season with the State Meet and have the opportunity to qualify to the Regional Championship Meet.

**Xcel 3-**Advanced Gold level of gymnastics. The gymnasts will continue to perfect the more difficult Gold level requirements, as well as starting to work on Platinum level skills. These athletes will compete at the Gold level at USAG sanctioned competitions at the local and state levels and will conclude their season with the State Meet and have the opportunity to qualify to the Regional Championship Meet.

- **Xcel 5-** Platinum and Diamond level of gymnastics. The gymnasts will train both Platinum and Diamond level skills and will compete at USAG sanctioned competitions at the local and state levels. They will conclude their season with the State Meet and have the opportunity to qualify to the Regional Championship Meet.

## *2: Integrity Team Rules & Policies*

Integrity Girls team is built on a culture of respect and hard work. By these means, the athlete is predisposed to being successful and creating strong character traits. In order for this culture to be established and maintained, the athletes and parents must conform to the expectations of the team, the coaches, and the gym by adhering to these rules and policies. Integrity will not tolerate athletes or parents that, by their words or actions, do not support the policies and values of our team program.

### Communication within the Team Program:

- Please try to avoid calling the front desk for a team related question. The majority of the time they will not be able to answer your question. If you would like to have us return a call to you, please leave your info with the front desk.
- Do not text or call a team coach on their personal phones. You will have access to our cell phones to reach us in case of an emergency on meet days ONLY!

Please contact your coaches directly for any level specific questions. They can be reached at the following emails:

**Pre-Team- Level 2:** Tyiesha@integritygym.com

**Level 3:** Morgan@integritygym.com

**Level 4 & 5:** [Dory@integritygym.com](mailto:Dory@integritygym.com)

**Level 6-10:** Lindsay@integritygym.com

**Xcel 1 & 2:** Alli@integritygym.com

**Xcel 3 -5:** Eileen@integritygym.com

### Other Coaches Email Addresses

Jimmy@integritygym.com

Blaine@integritygym.com

Kristy@integritygym.com

Alex@integritygym.com

Logan@integritygym.com

[Carrie@integritygym.com](mailto:Carrie@integritygym.com)

Tish@integritygym.com

Please use our integrity girls' team email account for all other general communication with team coaches.

**[Girlsteam@integritygym.com](mailto:Girlsteam@integritygym.com)**

### Team Website and Calendars

Any required forms, schedules, and updated calendars will be found on our Gym website under the Girls Team tab. Please use this as your first resource for any questions, team calendars, and practice schedule changes.

<http://www.integritygym.com/teams/girls-gymnastics/>

We will also be using TeamSnap to help with schedule tracking.

## Athletes' Expectations

- Good attendance is essential to the success of the athlete. Attend all scheduled practices, competitions, and team events.
- Arrive to each practice ready to participate with proper attire, hair tied back tightly, and no jewelry.
- Our only expectation is that each athlete work hard and try their best.
- In order to maximize our efficiency in our training, it is essential that the gymnast arrives to the gym floor on time. This includes at the beginning of workouts as well as rotating to events. The coaches will give a reasonable and fair amount of time between events and during breaks when warranted.
- The gymnast should come prepared each day to workout with a positive and competitive attitude. We understand that all days will not be perfect and the gymnast will become frustrated. However, any frustration that turns into negative behavior or disrespect towards coaches or other athletes will not be tolerated. In order to develop a successful working environment, the gymnast must be committed to excellence each and every day.
- The gymnast is responsible for all assignments provided by the coaches. This includes skill based or conditioning based assignments. Cheating is the worst form of disrespect to your coaches, your parents, and most importantly yourself and will not be tolerated.
- Communicate with your coach when you do not feel physically or mentally well. Safety is of utmost importance and the gymnast must listen to their bodies and communicate accordingly.
- Attend each practice with intent. The gymnast must have goals and be mentally and physically ready each practice to work towards achieving these.
- Gymnastics was built on the idea of being perfect. Judges are in place to break down everything the gymnast is doing wrong. They take away points and never add them back. Essentially it is the coaches' job to do the same. Although coaches mix in encouragement and fun, the gymnast must learn to take criticism from the coaches and apply it.

## Parents' Expectations

- Be your child's biggest supporter mentally. Show your child unconditional love and encouragement. Physically, make sure your child is well nourished, hydrated, and well rested for each practice.
- Please contact your child's coach with any concerns. We are here to serve your child and your questions and concerns are important to us. We will try to find a solution to anything that may be bothering you. Complaining to other parents cannot solve your problem, and we cannot either if we are unaware of them. If you respect us enough to play a large role in your child's life, please respect us to know we have each child's best interest at heart.
- Please do not try to discuss any concerns with coaches directly prior to, during, or after practice without advanced notice. This takes away from the coach's ability to do their job on the floor and takes their attention away from the athletes. Please set such meetings up via email. If a matter needs immediate attention, please talk with the Secretary at the front desk so they can relay the message.
- The athlete is a student first. There will be times that the athlete must miss practice to a large school workload or school event. Please communicate with us if any such conflict arises via email.

- The parent can have the most difficult role in the gymnast's career. While everyone involved (Parent, Gymnast, Coach) are equally important, the parent has the smallest role in controlling the performance of the athlete. At the same time, the parent has the greatest sense of emotional attachment to the performance. This high level of emotional investment and low level of control can lead to stress on the parents part. Due to this, parents have been known to lose sight of the important role that they have to play which is to provide support to their child in all situations.
- Please do not coach your child or ask what they can be doing at home to improve their performance. All gymnasts will progress at their own rate and it is our job as coaches to monitor and further help this progression in the gym. If we feel there is anything additional the gymnast should be doing outside of the gym, we will communicate that with you.
- If you feel your child is not progressing, please do not hesitate to set up a meeting with your child's coach. Hopefully we can help you better understand our position and intentions for your child.
- If, in the circumstance, you feel that Integrity may not be a good fit for your team experience and would like to try another gym, please be honest with us. Gymnastics coaches make up a small community and we all work together for the same cause. We contact a gymnast's previous coach when they try out Integrity and majority of the other coaches will contact us in the event one of our own try another gym. We are not hurt by your decision to try something new but are hurt by dishonesty.

### Disciplinary Actions

- The gymnast may be asked to sit out of a certain event or time frame and watch.
- The gymnast may be asked to contact their parents and leave practice early.
- The coach may request a meeting with the parent.
- The gymnast may be suspended from a practice.

*Note:* The development of the coach/gymnast relationship is vital to the success of the athlete. We cannot and will not run to the parent every time there is a problem. We will attempt to build our own relationship with our athletes based on time shared, belief in the same dreams and values, work performed together, and the emotional ups and downs that are part of all important ventures. The downs include discipline problems that we will work to solve within the framework of building a relationship. In the instance we need your help to overcome a challenge that is too much for us to accomplish on our own, we will contact you.

*Final Note:* Gymnastics is not for everyone. Not all gymnasts will make it to optional levels; fewer will make it to level 10. Approximately 150 girls will go on to college gymnastics per year; even less will be provided scholarships. 14 gymnasts will make the National Team each year, and only 5 of those 14 will make the Olympic Team every fourth year. Although it is a very tough sport to be successful at, it teaches values and provides attributes that pass well beyond the competitive floor. Please remember to ask yourself, "What do I want out of this sport for my child?" Hopefully Integrity can provide what you are looking for, but check your priorities with what our gym has to offer.

Open Gym Policy for Team Athletes: Athletes may participate in Integrity Open Gyms provided they only train skills that they are currently working within their current ability level. No athlete should use Open Gyms to train new skills without the supervision and direction of a team coach. Any violation of this policy may result in the athlete not being permitted to attend Open Gyms.

### *3: Competition Rules & Policies*

Competition is the main way for our athletes to showcase their hard work and dedication of their training. Representing Integrity on the competition floor is a privilege and one that we do not take lightly. We want our athletes to showcase gymnastics preparedness, respect, discipline, and good sportsmanship. We are dedicated to producing top athletes, however, competition success does not always indicate personal achievement. Some athletes will thrive in a competition setting while others will not. Some gymnasts are prepared to compete at their present age/maturity level, others may need more time, while a few may never prosper from the competitive experience.

#### Athletes' Expectations

- Arrive at the competition venue at least 15 minutes prior to the open stretch period. Only come on the competition floor when advised by your coaches.
- Gymnasts are not to communicate with their parents or leave the gym floor until their competition is done and they are released by their coaches.
- Gymnasts are expected to be respectful of their coaches on the floor by following their instruction and paying attention during the meet. Gymnasts are also expected to be respectful of their teammates by cheering them on and congratulating them after each performance.
- Any negative behavior or disrespect on the floor will not be tolerated. This reflects poorly on the gymnast, the parent, the coaches, and the gym. These instances will have their consequences based on the discretion of the coach.
- The gymnast is required to stay through awards and all of their teammates' awards. If there is a conflict and the family must leave, please communicate it with the coach. (Coaches may not always be present at awards due to the scheduling of sessions and may have to be starting the next group of athletes)

#### Parents' Expectations:

- Please arrive to the meet site at least 15 minutes prior to the start of open stretch and have your child ready to pass on to the coaches when the coaches ask for them.
- Make sure your child has all of their competition attire. Make sure her hair is tied back and sprayed down so that it will last the duration of the meet.
- Make sure your gymnast has everything she needs during the duration of their competition (apparel, water, snacks) Most competitions last, on average, 3 ½ -4 ½ hours and awards may add to this time frame
- Once your gymnast comes onto the gym floor, please do not try to communicate with them in any way unless it is an emergency. When the competition is complete, the coach will release them to you.
- Do not communicate with any meet officials or judges during the event.
- Do not try to communicate with the coach about your child's performance directly following a meet. This is neither the time nor place. If you feel that certain things need to be discussed, please schedule a meeting for the following week.

- In the event that your gymnast is injured during a competition, please do not come onto the floor unless the coach signals you to. There are professionals in place at all meets to take care of any injuries.
- When preparing for an out of town meet, please keep in mind travel time associated with the gymnast and their competition. If the meet is at least 4 hours away, it is recommended that you drive up well in advance or the night before to give the gymnast ample time to rest and recover from travel.
- ALL COMPETITIONS ARE MANDATORY! If for any reason, there is a conflict with a competition weekend, please contact the program director as soon as such conflict arises and fill out a Meet Absence Form. If a meet deadline has passed prior to the conflict arising, your family is still responsible for the fees associated with the competition.

Competition Note: It is the athlete's job to show preparedness and readiness to compete both leading up to and during the warm-up periods of a competition. If an athlete is struggling in a particular area or event leading up to or at a competition in which the gymnast's success, confidence, or safety is compromised, it is at the coach's discretion whether or not the athlete competes that given event or skill. We will not put an athlete's safety or well-being in jeopardy at any point during their career in order to compete. We will work to rectify such weaknesses in training but we ask that you respect the coach's discretion both in the gym and at all competitions. We will use our best judgement in these cases and work to communicate those with the athlete and family.

## *4: Time Obligations*

Gymnastics is a unique sport. It is one of the few sports that requires such a high time commitment at a relatively young age. Becoming a part of Integrity Girls Team comes with this high time commitment. We ask that you understand this obligation before accepting a spot on our roster. The following is a breakdown of your time commitment with Integrity Girls Team:

Year-round sport: Team gymnastics is a year-round commitment. It is critical to the success of your athlete that they are committed to this sport during both the school year and summer. If for any reason, your family needs to take an extended time off, please make this known to the coaching staff and your athlete will be re-evaluated upon their return.

- Breakdown of our year:
  - o June 1: Commit to Integrity Girls Team for the 2018 - 2019 Competition Season
  - o June – October: Off season training to acquire the strength and skills required at your respective level. Each gymnast's competitive level will be determined in this time frame.
  - o November – December: Final preparations for competitive season w/ practice competitions.
  - o January – April: Competitive Season
  - o May: Spring training and progressions for advancement into the next cycle. We expect you to be able to decide during May if competitive gymnastics is something you will continue with into the next competitive season.

Scheduled Practices: Please make sure your athlete attends all practices and arrives to each practice on time and is available for the whole practice. We understand that many of you are juggling multiple schedules. All we ask is that you communicate any conflicts with the coaching staff as in advance as possible. There are no make-ups for any team practices missed.

Team Camp: Our team camp is important for the girls' team program to work with new coaches and get a jump start on higher level skills in a fun camp atmosphere. Camp is mandatory for all competitive team members and we ask that you try to plan any summer trips around camp week. We will get summer team camp dates out to each competitive team family in March of each year.

- Team Camp Dates: July 25-27, 2018

Competitions: All competitions are mandatory for competitive team members. The competition schedule will be sent out by early-August and it is your job to submit a **MEET ABSENCE FORM** for any meet conflicts to the program director as soon as possible to avoid being entered in to meets that your athlete cannot attend. If this form is not turned in prior to each competitions entry deadline, your gymnast will be entered into the meet and you will incur the fees associated with the meet.

## 5: Financial Obligations

Your child's involvement will cost you money, time, and effort. The children train in a large and well-equipped gym under the direction of a professional staff. The coaches spend a great deal of time planning, training, traveling, and supporting the gymnasts in addition to the time they spend actively coaching. Further, the coaches meet with parents and gymnasts, return emails and phone calls, set up competitions, work to maintain and improve the facility, and organize and administer the program. Our competitive team athletes will pay less per hour than any other single athlete that attends Integrity at a recreational level.

There are 3 types of Financial Obligations required by Integrity Girls Team members. The following 2 types of financial obligations will be your financial commitment to Integrity. The 3<sup>rd</sup> is covered in the Booster Handbook.

### 1. Financial Obligation to Integrity

USAG Membership Fee: Each competitive athlete must be a member of USAG gymnastics and fill out an athlete form each year!

- Annual membership due August 1<sup>st</sup> each year.
  - o Level 3-10, Xcel 3-5: \$59
  - o Level 2, Xcel 1-2: \$27

Tuition: Team tuition is paid monthly and is due by the 1<sup>st</sup> of each month. Payments made after the 10<sup>th</sup> will incur a \$30 late fee.

Integrity Girls Team is on a tuition scale based on the number of hours each respective level trains per week. You will see this breakdown on the following page. In the case that hours for any respective level change during the course of the year, tuition will be adjusted accordingly.

Team tuition is based on a 12 month, 4-week schedule. This covers **48 weeks** out of the year. This allows for 1 week of team camp in the summer, holidays, and sick/vacation days. There are **NO make-ups** for any team program. We apologize for any inconveniences this may cause but we have a lot of athletes to cycle through with a limited amount of time and availability of team coaches. We will work to accommodate any extreme cases.

**\*\*We will not pro-rate any tuition.** We have a set number of athletes at each level and therefore must staff these levels properly. If you commit to a given team level, you are responsible for that monthly tuition regardless of any other conflicts or hours that you miss for any circumstance.

Injury and Tuition Adjustment: In the case that an athlete is injured and is restricted by a doctor or a physical therapist, the gym and coaches will adjust tuition based on their restrictions. In most cases, injured athletes can workout in certain areas and will be required to continue to come into the gym on a restricted basis as seen fit by the coaching staff. It is Integrity's policy that we **REQUIRE** a written note of release from a medical professional for an athlete to return to workouts without any restrictions.

The following is tuition for the Integrity Team Programs for 2018-2019 Season:

2018- 2019 Integrity Team Tuition Rates- Fall Hours

hours/week	hours/month	Tuition	Team Level
1	4	\$80	
1.5	6	\$110	<b>Little Stars 1 day</b>
2	8	\$140	
2.5	10	\$155	
3	12	\$175	<b>Little Stars 2days</b>
3.5	14	\$180	
4	16	\$185	<b>Rising Stars</b>
4.5	18	\$190	
5	20	\$205	
5.5	22	\$220	<b>Super Stars</b>
6	24	\$225	<b>Xcel 1</b>
6.5	26	\$230	
7	28	\$235	
7.5	30	\$240	
8	32	\$245	
8.5	34	\$250	<b>Level 2</b>
9	36	\$255	<b>Xcel 2</b>
9.5	38	\$260	
10	40	\$270	<b>Level 3</b>
10.5	42	\$275	<b>Xcel 3</b>
11	44	\$280	
11.5	46	\$285	<b>Xcel 4</b>
12	48	\$290	
12.5	50	\$290	
13	52	\$295	
13.5	54	\$305	<b>Level 4</b>
14	56	\$310	
14.5	58	\$310	<b>Level 5,6, Xcel 5</b>
15	60	\$315	
15.5	62	\$320	
16	64	\$325	
16.5	66	\$330	
17	68	\$335	<b>Level 7, 8</b>
17.5	70	\$340	
18	72	\$350	<b>Level 9, 10</b>
18.5	74	\$355	
19	76	\$360	
19.5	78	\$365	
20	80	\$370	
20.5	82	\$375	
21	84	\$380	

\*Begins August 1<sup>st</sup>, 2018

## 2. Apparel and Equipment Obligation

Apparel: Each family is responsible for the apparel that the program will use for the given year. Each year is different and the program director will disseminate the appropriate fees for the year's apparel when it is picked out.

- 2018– 2019 Apparel Package Levels 3-10, Xcel 2-5: \$400\*
  - o Includes: Long Sleeve competition leotard, short sleeve training leotard, warm-up pants, warm-up jacket, backpack, team t-shirt
- 2018– 2019 Apparel Package Levels Pre-Team, 2, Xcel 1: \$125\*
  - o Includes: Short sleeve training leotard, warm-up pants, Warm-up top

\*Fee based on ALL NEW apparel. Additional items may be available each year for purchase and may or may not be mandatory based on the items and the gymnast's competitive level.

Equipment: Each family is responsible for equipment required to participate in the team program.

- Workout apparel: Please make sure your daughters are coming prepared to work out with a leotard and their hair tied back and no jewelry.

Optional Gymnasts (Level 5 -10, XCEL)

- Floor Routines: At the optional gymnastics levels (6-10 and Xcel), the gymnast will require a choreographed floor routine as well as a piece of music.
  - o Music - \$25 - \$75.
  - o Choreographed routine
    - Xcel 1: \$25
    - Short routine: approx. \$150
    - Medium routine: approx. \$225
    - Long Routine: approx. \$275
- Grips: Athletes will start using grips at competitive Level 4 or at the discretion of the coaches. DO NOT purchase grips on your own without first talking with the coach.
- Wrist guards
- Tape/pre-wrap/braces

## 3. Booster Obligation

Each family will hold an account with our Parents Club, B.R.A.G. The goal of B.R.A.G. is to support the gymnasts and team program through fundraising and special events held throughout the season. Each family is responsible for the competition expenses associated with the season and will be determined based on the gymnast's level and respective meet schedule. You can find more info on our Parents' Club in the Booster Handbook.

## *6: Mobility within Team Program*

It is the mission of Integrity Gymnastics Girls Team to produce happy, healthy, and confident individuals and athletes. In order to achieve this, each athlete will compete at a level in which they are able to successfully perform the required elements at a high level of confidence and proficiency. It is at the discretion of the team staff as to which level suits each athlete based on the expectations of our gym and the rules and regulations set forth by USA Gymnastics. NO GYMNAST will move to the next level without first successfully learning and successfully completing the skills required at each level to the standards expected by the coaches. Our coaching staff determines the placement of athletes within our team program based on the following criteria:

### Score Requirement:

**36.5 All-Around** at least twice at current level

### Auxiliary Requirements

Skill level, success at current level, individual desire, coachability, competitive experience, age, physical abilities, attendance, mental attitude, potential success at higher level, individual confidence and courage, team orientation and spirit, work ethic, strength, flexibility, and parental support.

- Achievement of score requirement does not automatically guarantee level advancement.
- Please do not ask when your daughter will move up a level or when they will learn a skill required for a certain level. It is our goal that these gymnasts move through the levels with high levels of success while mastering basic skill fundamentals.
- Not all gymnasts will move through the levels at the same rate. Please do not compare your child's progress with those of her peers.
- Throughout your child's training, they may be top in their group or they may be below the level of their group. We ask that you trust the coaches' judgment in their placement. If the coaches see that there needs to be an adjustment, please allow them to make those decisions. Level placement and groupings are something we evaluate throughout the year and are vital to the success of the athlete.
- Just because your daughter successfully competes at a certain level, that does not guarantee that she will learn all the skills required to be successful at the next level.
- It is extremely rare that a gymnast will move up a level each year of their gymnastics career until they reach level 10. Please understand that gymnastics takes a great deal of time, commitment, hard work, talent, and toughness in order to be successful. Every gymnast will advance at their own rate.
- In the case that your athlete repeats a given level (this will happen throughout your child's career), we will work to have your child train at a higher level in areas they are capable in order to continue their gymnastic progressions. Our main goal for the athletes is to continue to grow both physically and mentally.

## 7: Team Agreement

Team gymnastics is a privilege and can be a very rewarding experience for your daughter. However, team gymnastics is not for everyone. By signing this handbook, you acknowledge that you have read, understood, and will abide by these expectations. Further, you have helped your daughter to understand the expectations of being a part of Integrity girls' team.

Please take the time to familiarize yourself with Integrity's Team Payment Policies that can be found at the gym as well as on our website. By signing this agreement below, you agree to the payment policies set forth by Integrity Athletics.

Please list all emails that you would like for correspondence for the upcoming season! Please make sure our team emails and coaches emails are saved as contacts in your accounts and that you are receiving emails from our team accounts. If you are not receiving email correspondence, first check your spam folders and then email your respective coach to ensure we have your most up to date emails on file.

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-Each year, we will put together a team phone and address book that is only published for current team families. Please use this resource for setting up car-pooling opportunities that you may need. Please check below if you DO NOT want to be included in the team address book.

Please DO NOT include our family in the Integrity Girls Team phone and address book

-We will occasionally film and take pictures at both practices and competitions for use in our gym's newsletter, our gym's social media, as well as any other team marketing items.

Please DO NOT post any pictures or video of my daughter for use in the newsletter and/or social media.

Please turn this Agreement into Integrity by June 1<sup>st</sup>, 2018. If your agreement is not turned in by June 10<sup>th</sup>, the athlete will not be eligible for practices until we have it received.

X \_\_\_\_\_  
Parent (signature)

X \_\_\_\_\_  
Gymnast (signature)

X \_\_\_\_\_  
Parent (print)

X \_\_\_\_\_  
Gymnast (print)