



Integrity Girls Team Handbook

2021 - 2022

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1: Welcome to Integrity Girls Team

We are glad you have chosen Integrity Gymnastics for your team gymnastics experience 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 while learning 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 topmost 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. This level of athlete will train for in-house exhibition meets at Integrity.
- **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 in-house exhibition meets 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. They will start learning sequences of skills and movements to prepare them for competitions in future levels. This level of athlete will train for in-house exhibition meets at Integrity.
- **Mega Stars:** Introduction to competitive gymnastics. These athletes will continue to master the fundamentals needed to succeed in competitive gymnastics as well as learn all the level 2 skills and requirements. These athletes will compete at small USAG sanctioned meets in the Columbus area, the athletes will start working on level 3 skills when prepared.
- **Level 3 -5:** Beginner, intermediate, and experienced levels 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 6 and 7:** Beginner and intermediate level optional gymnastics. These athletes compete their own routines while meeting compulsory requirements. They will compete at local, state, and out of state competitions and will conclude their season with the State Championship Meet. Level 7's will have the opportunity to qualify to Regional Championships.
- **Level 8, 9 & 10:** Intermediated and advanced level of optional gymnastics. They will compete at local, state, and out of state competitions with the opportunity to qualify to regionals and Level 9/10 to 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 opportunity to qualify to Regional Championship Meet.

Integrity Girls Team splits these athletes into training groups from Xcel 1 – 4. We strive to place each XCEL athlete in the most appropriate training group that will provide them the most success in their gymnastics development.

- **Recreation Team:** This team is for any level of athlete who wants to participate in gymnastics competitions while keeping the financial and time commitment to a minimum, as well as for those who needed a little more preparation before they enter an Xcel level. Athletes will focus on developing their individual strength, flexibility, and skills and compete at local competitions hosted by the Greater Columbus Gymnastics Conference.
- **Xcel 1-**Entry level of Xcel gymnastics competing Xcel Bronze. The focus of this level is developing beginner gymnastics by means of strength, flexibility, and basic skill instruction. These athletes will compete at small USAG sanctioned meets in the Columbus area and begin working on Silver level skills when prepared.
- **Xcel 2-** The gymnasts will continue to perfect basic skills and begin working on more challenging level Silver skills and Gold level skills when prepared. 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 and Advanced Gold level of gymnastics. The gymnasts will focus on the basic Gold level skill requirements, transitioning into more difficult skills when prepared. 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 4-** 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. 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. They typically 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 head coaches directly for any level specific questions. They can be reached at the following emails:

Pre-Team: keith@integritygym.com

Level 3-5: Tyiesha@integritygym.com

Level 6-10: Dory@integritygym.com

Recreation Team: Lindsay@integritygym.com

Xcel levels: Kacey@integritygym.com

Assistant Coaches Email Addresses:

Logan@integritygym.com

Eileen@integritygym.com

For billing questions contact them directly at **billing@integritygym.com**

Team Website, Calendars and Other Forms of Communication

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 a scheduling app to help with schedule tracking and changes.

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.
- 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 up such meetings 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 while at the gym or at home. 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 are interested in how to help your athlete at home, ask your coaches and we will give you non-skills related tasks for outside of the gym- conditioning, flexibility, etc.
- 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 other gyms follow the same practice. 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.

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 30 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 30 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.

- If 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 your head coach as soon as such conflict arises and fill out a Meet Absence Form. If a meet refund 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:

- July 1: Commit to Integrity Girls Team for the 2021 - 2022 Competition Season
- 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.
- November – December: Final preparations for competitive season w/ practice competitions.
- January – April: Competitive Season
- 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 highly recommended 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.

Competitions: All competitions are mandatory for competitive team members. Submit any meet conflicts to the program director as soon as possible to avoid being entered in to meets that your athlete cannot attend. If director is not notified before the competition's 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 three types of Financial Obligations required by Integrity Girls Team members.

- 1) Tuition
- 2) Apparel, equipment, and other applicable membership fees
- 3) Competition Fees

Team Payment Policies

1)Tuition:

Team tuition is paid monthly and is due by the 1st of each month. **If your account balance is overdue more than 30 days your athlete will not be allowed to attend practices until the account is brought current.**

Team tuition is based on a 12 month, 4 week schedule. This covers 48 weeks out of the year. This allows for camps, clinics, gym closures, 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 numerous athletes to cycle through each day of the week. We will work to accommodate any extreme cases.

***We will not pro-rate any tuition due to missed classes. 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.*

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 work-out 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. We REQUIRE a written note of release from a medical professional for an athlete to return to workouts without any restrictions.

In the case of an extended, non-injury-related leave that spans 2 consecutive weeks or longer, Integrity will work to prorate or freeze tuition for this time. This must be communicated at least one month prior to leave with your program director and the billing department (billing@integritygym.com).

Integrity reserves the right to require automatic payments for any family that is late on payments twice within the same Competitive Season (June – May).

Covid-19 Closure: In the event the gym is forced to close due to Covid-19 restrictions, tuition credit will be offered for the remainder of the affected month.

Withdrawing from the Team Program: If a situation arises in which an athlete must withdraw from the team program, we require written notice provided to the program director and your head coach 2 weeks prior to the

next billing cycle. This will ensure stoppage of the auto payments. Any tuition collected up to the point of notice will be forfeited, unless in the case of injury, in which case we will require a physician's note.

Girls Team Tuition 2021-22		
hours/week	hours/month	Tuition
1	4	\$86
1.5	6	\$118
2	8	\$150
2.5	10	\$166
3	12	\$187
3.5	14	\$190
4	16	\$197
4.5	18	\$205
5	20	\$218
5.5	22	\$233
6	24	\$238
6.5	26	\$242
7	28	\$247
7.5	30	\$252
8	32	\$257
8.5	34	\$262
9	36	\$267
9.5	38	\$273
10	40	\$283
10.5	42	\$288
11	44	\$290
11.5	46	\$295
12	48	\$297
12.5	50	\$302
13	52	\$308
13.5	54	\$317
14	56	\$320
14.5	58	\$322
15	60	\$327
15.5	62	\$332
16	64	\$337
16.5	66	\$342
17	68	\$347
17.5	70	\$352
18	72	\$362
18.5	74	\$368
19	76	\$372
19.5	78	\$375
20	80	\$380
20.5	82	\$386
21	84	\$391

2)Apparel, Equipment, and other Fees 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.

- 2021– 2022 Apparel Package Levels 3-10, Xcel 2-5: \$420*
 - o Includes: Long Sleeve competition leotard, short sleeve training leotard, warm-up pants, warm-up jacket, team shirt

- 2021– 2022 Apparel Package: Little, Rising, Super, Mega, Recreation, Xcel 1 : \$105*
 - 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.

Choreography Fees:

- Little, Rising, Super: \$10 total for beam and floor routines

Mega, Recreation, Xcel 1: \$25 total for beam and floor routines

- Level 6 -10, XCEL 2-4: the gymnast will require a choreographed floor and beam routines as well as a piece of music. Below are APPROXIMATE prices for routines but will vary based on the choreographer and length of routine.
 - Short Floor routine (Xcel 2): approx. \$150
 - Medium Floor routine: approx. \$225
 - Long Floor routine: approx. \$275
 - Beam routines will vary

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.
- 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. Each athlete should carry tape with them. If they need tape and do not have any, they can purchase it from the front desk and it will be charged to their account.

USAG Membership Fee: Each competitive athlete must be a member of USAG gymnastics and re-register online yearly.

- Annual membership due August 1st each year.
 - o Level Mega Stars, 3-10, Xcel 1-5: \$69

3) Competition Fees:

Fees are calculated for the year and broken into monthly payments that are charged in addition to monthly tuition from approximately September-March. Description of costs going into yearly competitions fees below.

Meet Fees: Costs associated with entry into each competition. Meet entry price is set directly by the host gym of each meet.

-Families only pay for the meets they register for.

-Refunds are only given if the athlete scratches (informs coaches of non-participation) before the refund deadline set by the host gym. Unfortunately, Integrity does not receive a refund for late scratches due to injury, illness, or other event so we in turn, cannot refund families.

Coaches Fees: Costs associated with paying coaches for meet sessions worked, mileage to meets, hotel reimbursement etc. Total costs are split between team families.

-Yearly costs are estimated based on previous 3 seasons and reflect the number of meets each level attends and coaches attending meets.

-Families only pay for the meets they register for and attend.

-Families can earn money towards coaches fees through fundraising opportunities including working any Integrity hosted competitions.

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

Skill Requirements:

Athletes must meet show proficiency of the minimum required skills before moving into the next 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.
- It is our goal that these gymnasts move through the levels with high levels of success while mastering basic skill fundamentals. If they are not succeeding at assignments for their current level, they are not ready for the next level.
- 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.