



# Acrobatic Gymnastics Team

## 2022-23

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# 1: Welcome to Integrity Athletics Acro Team

We are glad you have chosen Integrity Gymnastics for your team gymnastics experience; we'd like to welcome you to the Integrity Acro Team family. This program will allow your child to develop their confidence, poise, individuality, mental and physical strength, determination, dedication, and self-respect.

The mission of Integrity Acro 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.

## 2: Integrity Rules & Policies

Integrity Acro Team is built on a culture of respect and hard work and positivity. 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. 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:

- Your coaches will primarily use email to stay in contact with families.
- Please contact your head coaches directly with any questions. They can be reached at the following email ([acro@integritygym.com](mailto:acro@integritygym.com))
- 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!

**Workout apparel:** To keep the kids safe we would like athletes to stay away from wearing any loose or baggy clothing. Baggy and loose clothes tend to make it harder to catch, see, and toss each other and it also has the chance of getting stuck or caught in the middle of skills. Sweatshirts, hoodies, and pajama pants are not proper attire for practice.

- *Female athletes* -Leotards short sleeve or long with any dark color spandex shorts, and hair up in a ponytail or bun.
- *Male athletes*-Pants that hug the leg or shorts with some type of spandex, or under armor under coverings. Try to stay away from loose fitting undergarments if wearing shorts. A snug fitting shirt that can be short sleeve or long. Boys are also required to wear socks of any color for practice.

### Athlete Expectations:

- We expect the athletes to act with respect, integrity and good sportsmanship.
- Good attendance is essential to the success of the athlete. Attend all scheduled practices, competitions, and team events.
- To maximize our efficiency in our training and avoid disruptions to the class, 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 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 and positivity. The gymnast must have goals and be mentally and physically ready each practice to work towards achieving these. Not all days will 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.
- *Social Media:* Athletes will not participate in defamatory language or actions towards Integrity Athletics, Coaches, or other athletes.

### Parent 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 or leave a message with the front desk.
- The athlete is a student first. There will be times that the athlete must miss practice due 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. The parent has very little control over the performance of the athlete, yet at the same time 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 parent which in turn leads to negative behaviors. Please do not lose sight of the important role that parents have which is to provide positive 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, it is our job as coaches to monitor and further help this progression in the gym. If you are interested in how to help your athlete at home, ask your coaches and we will provide non-skills related tasks.
- 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.
- *Social Media:* Parents will not participate in defamatory language or actions towards Integrity Athletics, Coaches, or athletes.

### **Disciplinary Actions**

The development of the coach/gymnast relationship is vital to the success of the athlete. We will attempt to build our own relationship with our athletes based on time shared in the gym. We will work to solve any discipline problems within the framework of this relationship. In the instance we need the parents help to overcome a challenge that is too much for us to accomplish on our own, we will contact you.

The following actions may be taken in the case of disruptive/negative behaviors:

- 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

### **Specific Behaviors that will NOT be tolerated:**

*Athlete to Athlete Altercations-* If an athlete is found bullying (physical/verbal harm) or creating an undesirable environment to train in. This includes Social Media posts.

*Athlete to Coach Altercations-* If an athlete is found to be using disrespectful language or actions towards coaches or other authority figures. This includes Social Media posts.

*Parent to Coach/Adult/Athlete Altercations-* If parent is found to be using disrespectful language or actions towards coaches, other parents, or other athletes. This includes Social Media posts.

**\*\*** If Athletes and/or Parents consistently display behaviors that do not align with Integrity's mission and values, they may be asked to leave the Integrity Team Program.

# 3: Competition Rules and Policies

Competition is the main way for our athletes to showcase their hard work and dedication to 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 and good sportsmanship.

We are dedicated to producing top athletes; however, competition success does not always indicate personal achievement. Parents and athletes should behave in a positive, supportive manner at each competition, regardless of final scores or placements.

## Athlete Competition 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 all awards, not just their own age group. If there is a conflict and the family must leave early, 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)

## Parent Competition 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 they need 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. 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 wait to come onto the floor until the coach signals you. 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 conflicts. If a meet refund deadline has passed prior to the conflict arising, your family is still responsible for the fees associated with the competition.
- There are NO official team hotels. Families may make their own decisions on when and where to book hotels based on individual needs for each meet.

### **Competition Preparedness:**

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 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 Obligation

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 Acro 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 Acro Team:

**Year-round sport:** Acro 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 July 1: Commit to Integrity Acro Team for the 2022 - 2023 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 including practice competitions.
- o January – June: Competitive Season
- o June: Spring training and progressions for advancement into the next cycle.

**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.

**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 the 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 Obligation

There are three types of Financial Obligations required by Integrity Acro Team members.

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

### Team Payment Policy

#### 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.
- A late fee of \$30 will be added to your account if tuition is not paid in full by the 7<sup>th</sup> of the month.
- Integrity reserves the right to require automatic payments for any family that is late on payments twice within the same Competitive Season (June – May).
- Integrity reserves the right to automatically run any overdue charges on accounts (unless prior arrangements have been made.) This includes but is not limited to tuition, competition fees, apparel fees.

**Absences:** Team tuition is based on a 12 month, 4 week schedule. This covers 48 weeks out of the year. This allows for missed days due to 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. Please contact the billing director in the case of an extended, non-injury-related leave. Billing@integritygym.com.

*\*\*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 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 continue to train in a modified capacity, and we encourage them to do so. We REQUIRE a written note of release from a medical professional for an athlete to return to workouts without any restrictions.

**Covid-19 Closure:** In the event the gym or an individual program 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 by the 24<sup>th</sup> of the month.

-Any tuition collected up to the end of the final training month will be forfeited, unless in the case of injury, in which case we will require a physician's note.

2022-2023 Integrity Acro Team Tuition Pricing (Paid monthly)

Hours Per Week	Monthly Tuition
1	\$ 106.50
1.5	\$ 130.50
2	\$ 150.50
2.5	\$ 165.50
3	\$ 180.50
3.5	\$ 195.50
4	\$ 205.50
4.5	\$ 215.50
5	\$ 222.50
5.5	\$ 230.50
6	\$ 240.50
7	\$ 250.50
7.5	\$ 255.50

## 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.

**Equipment:** Each family is responsible for equipment required to participate in the team program such as Block (Pedestals), or any Stretching Apparatus (TheraBand's and rollers)

**Choreography Fees:**

- Pre-Team: athlete choreography fees will be included in their competition fee pricing.
- Team: choreography fees will change yearly based on routine length and choreographer. Fees will be paid directly to the choreographer.

**USAG Membership Fee:**

Each Pre-Team and Team athlete must be a member of USAG gymnastics and re-register online yearly.

### **3. Competition Fees**

Yearly competition fees include Meet Entry Fee, Coaches Fees, Banquet Fee, and other costs associated with competitions.

- Fees are calculated for the year and broken into monthly payments that are charged in addition to monthly tuition from approximately September-March.
- Yearly costs are estimated based on previous seasons and reflect the number of meets each level attends and coaches attending meets.
- Meet Entry Fees:* Costs associated with entry into each competition. Meet entry price is set directly by the host gym of each meet. 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.
- Each level will have a specific number of required competitions. If the athlete attends more than the required number, they will be charged the additional associated competition fees.
- At the end of each season, each family's competition fees will be adjusted to reflect additional meets attended, missed competitions, earned credits, etc.
- No refunds/credits will be given until the end of the competition season.**

**Fundraising:**

Families can earn money to assist with payment of athlete competition fees through fundraising opportunities including working any Integrity hosted competitions.

- Blaine Wilson Sports Fest-February

Additional meets or opportunities will vary by year and be communicated to families.

## **6: Mobility within Team Program**

It is the mission of the Integrity Acro Team to produce happy, healthy, and confident individuals and athletes. To achieve this, each athlete will compete at a level in which they are able to successfully perform the required elements with 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 regulations set forth by USA Gymnastics. No gymnast will move to the next level without first successfully learning and 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: Current 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.