



Integrity Boys Team Handbook

2023/2024

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1. Welcome to Integrity Boys Team

We are glad you have chosen Integrity Athletics for your team gymnastics experience. We are confident that your son will be happy with the opportunities that team gymnastics provides, and we would like to welcome you to the Integrity Boys Team family. Our athletes have thrived in our program, and we have produced many State and Regional champions, National qualifiers, National medalists as well as Collegiate scholarship athletes.

Our mission is to help raise well-rounded young men who are happy healthy athletes with a strong sense of team comradery. We believe that these attributes will help them strive to be the best gymnast they can be.

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

The following is the breakdown of levels within The Integrity Boys Team Program:

- *Pre-team* -ages 5- 7: The first step toward competitive gymnastics. Focusing on structure basic skill development and a base of strength and flexibility mixed with fun. Athletes will perform at in-house exhibitions.
- *Developmental Team*- ages 8-13: Pre-Competitive level for Boys who have excelled in recreational classes. Focusing on higher-level basic gymnastics, strength, and flexibility. Athletes will perform at in-house exhibitions.
- *Levels 3, 4 & 5*: The beginnings of Competitive Gymnastics. The compulsory program is where each athlete learns and performs identical routines at competitions within the state of Ohio and one travel trip per season.
- *Levels 6 & 7*: Higher level compulsory Competitive Gymnastics. This is the building block towards bigger more difficult skills. Very competitive within the State of Ohio and surrounding States.
- *Level 8 & JD* (Junior Developmental): This is the beginning of Optional Gymnastics where athlete routines differ within selected requirements on each event. Level 8 competes within the State, Region, and National levels. JD competes within the State and Region.
- *Level 9&10*: Optional Gymnastics at its finest. High-level Competition nationwide with bigger, harder, and eye-opening Gymnastics.

Athletes are placed within these levels according to ability, age, and readiness to compete safely and successfully.

2. Integrity Team Rules & Policies

Integrity Boys Team is built on culture and respect. 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 programs.

Athlete Expectations

- The gymnast should come prepared each day to work with a positive competitive attitude. We understand that all days will not be perfect, and the gymnast will become frustrated. However, frustration that turns into negative behavior or disrespect towards coaches or teammates 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 openly and accordingly.
- Attend each practice with a purpose. The gymnast must have goals and be mentally and physically ready each practice to work towards those goals.
- *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 support. 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 directly prior to, during, or after practice without advance notice. This takes away from the coach's ability to do their job on the floor and takes away attention from the athletes. Please set up such meetings via email, or, if the matter needs immediate attention, please talk with the front desk and they will relay the message.
- The athlete is a student first. There will be times that the athlete will miss practice for school, work, etc. Please communicate these conflicts as soon as possible.
- 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, leading to negative behaviors. Please do not lose sight of the important role that parents have, which is to provide positive support to their children 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, 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 other 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 parent's 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 parents.
- The gymnast may be suspended from 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 a 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.

Communication within the Team Program

Email is the best form of communication with our team coaches. Please be mindful that they work later in the day and may not arrive at work until late afternoon. Be patient when waiting for a response, but if you have not heard anything after 48hrs please reach out again.

- 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 message with the front desk.
- Do not text or call a team coach on their personal phones. Please leave a message at the front desk or send an email.

The Coach's emails are:

Stan@integritygym.com

Akiva@integritygym.com

Neil@integritygym.com

We will also be sending out emails from our parent portal system. Please add the following email to your contacts so our emails don't go to spam: integritygym-notifications@ses.iclasspro.com

3. Competition Rules & 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 15 minutes prior to the open stretch period. Only come on the competition floor when advised by the 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 to their coaches and teammates throughout the competition including cheering for their teammates.
- Any negative behavior or disrespect on the floor will not be tolerated. This reflects poorly on the parents, coaches, and gym. These instances will have consequences based on the discretion of the coach.
- The gymnast is required to stay through the entire awards ceremony. If you must leave early, please communicate ahead of time with a coach.

Parent Competition Expectations

- Please arrive to the venue at least 15 minutes prior to the open stretch period.
- Make sure that your child has all of their equipment and attire and anything he else needs for the duration of the competition. Equipment, water, snack, etc.
- Once your athlete comes onto the floor, please do not try to communicate with your athlete until he is dismissed following the event.
- Do not communicate with any judges or officials.

- 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.
- 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 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 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 to decide whether the athlete competes in that given event or skill. We will use our best judgement in these cases and will communicate those decisions with the athlete and family.

4. Time Obligation

Gymnastics is a very unique sport in that it requires such a high time commitment at a relatively young age. We ask that you understand this obligation before accepting a spot on our roster. The following is a breakdown of the time commitment for the Integrity Boys Team.

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

Breakdown of our year:

- June 1: Commit to Integrity Boys Team for the 2023-2024 season
- June- October: Off-season training to acquire the strength and skills to compete in the upcoming season. An athlete's gymnastics direction will be determined during Summer but not level.
- November-December: Pre- Season, the beginning of routine development
- December to May: Competition season

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

Competitions: All competitions are mandatory for all competitive team members. The competition schedule will be sent out by Mid September. If you have a conflict, please contact your program director.

5: Financial Obligations

There are 3 types of financial obligations to being a part of Integrity Boys Team.

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

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 7th 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 inconvenience 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 a full 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 24th 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.

Boys Team Monthly Tuition beginning Sept 1st, 2023

Boys Team Pricing		
Fall 2023		
Level	Hours	Monthly
Pre-Team (1 day)	1.5	\$140
Pre-Team (2 day)	3	\$216
Developmental Team	3.5	\$232
Group 4	9	\$309
Group 3	12	\$329
Group 2	13.5	\$338
Group 1	19	\$401

2. Membership, Apparel and Equipment Obligation

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

- Annual membership is due August 1st each year and is approximately \$70.

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 the equipment required for practice. Grips, Tape, workout pants etc.

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 equal monthly payments that are charged in addition to monthly tuition from approximately August- April.

-Yearly costs are estimated based on previous 3 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 events so we, in turn, cannot refund families.

- *Coaches Fees:* Cost associated with sending coaches to competitions. Hotel, mileage, session fees. Athletes will be refunded their portion of the coaches fees for missed required competitions.

-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 adjustments to Competition Fee accounts will be made until the end of the competition season.

-After October 1st, no refunds of Competition Fees already paid will be given. Families will still be responsible for any additional meet entry fees Integrity has paid that are not covered by previous payments.

Volunteer Requirements:

Families are required to **work a specific number of sessions per athlete*** at one of our hosted competitions.

Please note you may need to volunteer for a spot in a different discipline or in a session your athlete is not competing.

Pre-Team/Developmental Team:

-no requirements

Level 3-10:

-3 Sessions Per Athlete

-Blaine Wilson Sports Fest (BWSF) -February 15th-18th, 2024

Compensation:

-Families will be credited \$35 per session worked. This will be applied to the yearly competition fees.

- If Families do not meet the above requirements, they will be charged an additional \$50 per session not worked.

***Volunteer Requirements are per athlete, not per family. Ex) If the requirement is 4 sessions, and a family has 2 athletes on the Boys team, they would be required to work 8 sessions.**

Fundraising:

Families can earn additional credits by working any of the Integrity-hosted competitions throughout the year.

Girls with Grit- November 14th, 2023

Blaine Wilson Sports Fest (BWSF) -February 15th-18th, 2024

The Arnold Sports Festival- March 1-3, 2024

Xcel State Meet- April 5-7, 2024

Information regarding volunteer times and duties available will be sent out closer to each competition.