



Integrity Girls Team Handbook

2023 - 2024

Table of Contents

- 1: Welcome to Integrity Girls Team
- 2: Integrity Rules & Policies
- 3: Competition Team Rules & Policies
- 4: Time Obligations
- 5: Financial Obligations
- 6: Mobility within Team Program

1: Welcome to Integrity Girls Team

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

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 they can be while learning both valuable gymnastics and life lessons.

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

Pre-Competitive Levels of Gymnastics:

The main focus of these levels 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 the athletes training.

As the gymnast shows readiness, more difficult skills, drills, and routines 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.

Pre-Team levels are broken down by skill level but also include a general age range.

- **Rising Stars:** Age 5-6
- **Super Stars:** Age 6-7. As an 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. These athletes will compete Xcel Bronze at small USAG sanctioned meets in the Columbus area.

Competitive Levels of Gymnastics:

- **Level 4:** 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, state, and out-of-state competitions and will conclude their season with the State Championship Meet.
- **Level 6 and 7:** Beginner and intermediate level optional gymnastics. These athletes perform 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:** Intermediate and advanced level of optional gymnastics. They will compete at local, state, and out-of-state competitions with the opportunity to qualify to regionals. Level 9/10 will have the opportunity to qualify 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 perform 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.

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 Bronze**-Entry level of Xcel gymnastics. 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 Silver**- 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.
- **Xcel Gold**- Introductory and Advanced 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 can qualify to the Regional Championship Meet.
- **Xcel Platinum/Diamond**- Advanced 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 can qualify to the Regional Championship Meet.

2: Integrity Team Rules & Policies

Integrity Girls 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.

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.
- Arrive to each practice ready to participate with proper attire, hair tied back tightly, and no jewelry. Athletes must be in a leotard. Form-fitting (lycra/spandex) shorts or pants are allowed but no baggie shorts.
- 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 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 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 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 to 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. 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 (Stars Groups): Keith@integritygym.com

Level Silver A and 4: Tyiesha@integritygym.com

Level 6-10, Diamond: Dory@integritygym.com

Level Silver B, Gold, Platinum: Kacey@integritygym.com

For billing questions: **Billing@integritygym.com**

Team Website, Calendars and Other Forms of Communication

Any required forms, schedules, and updated calendars will be found on the Integrity 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.

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 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 instructions 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 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 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. 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 possible. 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 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 that given event or skill. We will use our best judgment in these cases and will communicate those decisions with the athlete and family.

- Athletes are required to be at practice the week of a competition. Please discuss with your coaches possible exceptions for academic commitments, family emergencies, and illness.
- Athletes are required to successfully complete assignments in the weeks leading up to a meet to remain eligible for competitions.

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. 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 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 at 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 far 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 your head coach as soon as possible to avoid being entered into meets that your athlete cannot attend. If your coach 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

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

1. Tuition

Team Payment Policies

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.

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 Billing Director, Billing@integritygym.com or 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.

Girls Team Monthly Tuition Pricing- begins September 1st, 2023

Girls Team Tuition Fall 2023		
Group	Hours per Week	Monthly Tuition
Rising Stars	5	\$250
Super Stars	8	\$300
Silver B	11	\$330
Silver A	12	\$336
Gold	12	\$336
Platinum	15	\$362
Group E	12	\$336
Group D	15	\$362
Group C/Diamond	16	\$372
Group A/B	20	\$410

2. Apparel, Equipment, and Other Fees

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. The approximate price for yearly all new, full apparel packages is below.

- Levels 4-10, Xcel Silver- Diamond: \$420
- Rising Stars, Super Stars: \$150

Choreography Fees:

- Pre-Team, Silver A and B: choreography fee will be included in their competition fee pricing.
- Level 6 -10, Gold, Platinum, Diamond: 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 the routine. Families will pay the choreographer directly.
 - Short Floor routine: approx. \$175
 - Medium Floor routine: approx. \$250
 - Long Floor routine: approx. \$300
 - 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. Form-fitting (lycra/spandex) shorts or pants are allowed but no baggie shorts.

- Grips: Athletes will start using grips at competitive Level 4/Gold 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 (Level 4-10, Super Stars, Silver- Platinum) must be a member of USAG gymnastics and re-register online yearly.

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

3. Competition Fees

Yearly Competition Fees include Meet Entry Fees, Coaches Fees, Banquet Fees, 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 the 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.

Rising Stars:

-2 Sessions Per Athlete

-Required Competition: Girls With Grit- Nov 10th-12th, 2023

Super Stars:

-2 Sessions Per Athlete

-Required Competition: Arnold SportsFest- March 1st-3rd

Level 4:

-3 Sessions Per Athlete

-Required Competition: Arnold SportsFest- March 1st-3rd

Xcel Silver/Gold/Platinum:

-3 Sessions Per Athlete

-Required Competition: Xcel State Meet- April 5th-7th

Xcel Diamond/ Level 6-10:

-3 Sessions Per Athlete

-Required Competition: BWSF- Feb 15th-18th

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 a family has 2 athletes on a 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

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

6: Mobility within Team Program

It is the mission of Integrity Gymnastics Girls 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.

Score Requirement:

Although scores fluctuate by meet and are not the only measure of success, they are a good indicator of current skill level and preparedness for the next level. Below is a range of all-around scores and their equivalent preparedness level.

34.00 - Lacking Proficiency

35.00 - Below Average

36.00 - Average Performance

37.00 Above Average/Competitive Proficiency

38.00 Exceeds Expectations/Mastery of Skills

*** Athletes must attain 36.5 All-Around at least twice a season at their current level to be considered for move-up to the next level.**

Skill Requirements:

Athletes must show proficiency of the minimum required skills on the next levels skill chart before moving into that training group. Training in a specific group does not automatically ensure competition at that level. Final competition levels are decided in early Fall and will reflect the athlete's skill level at that time.

Auxiliary Requirements:

Skill level, success at the current level, individual desire, coachability, competitive experience, age, physical abilities, attendance, mental attitude, potential success at a 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. Success at a current level does not always indicate preparedness for the next level or guarantee the ability to successfully learn the higher levels skills.
- If athletes are not completing 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. It is extremely rare that a gymnast will move up a level each year of their gymnastics career until they reach level 10. Every gymnast will advance at their own rate. Repeating levels is normal and allows the athlete to master the current skills before pushing them into harder, more dangerous skills.

- When your athlete repeats a given level, we will work to have your child train at a higher level on the events they are capable while continuing to work on the areas that need improvement. Our main goal for the athletes is to continue to grow both physically and mentally.