

Integrity Rhythmic Team Handbook

2023-2024



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1. Welcome to Integrity Rhythmic team

We are glad you have chosen Integrity Athletics for your team gymnastics experience, and we'd like to welcome you to the Integrity Rhythmic Team family.

The mission of the Integrity Rhythmic 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 into the best gymnast that they can be and learn both valuable gymnastics and life lessons. 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 Rhythmic Team Program.

Rhythmic Stars - Pre-competitive level of gymnastics. The athletes will transition into more complex skills, piecing together the basics learned in the previous levels. The gymnasts will also begin learning sequences of skills to perform at an in-house exhibition meet at Integrity.

Level 3 & 4 - Beginner and Intermediate level of compulsory gymnastics. These athletes will continue to build a strong foundation of strength, flexibility, and skill acquisition with a focus on technique and performance. Compulsory athletes will showcase their routines in local and state competitions and will conclude their season with the State Championship Meet.

Level 5 & 6 - Intermediate and Advanced levels of compulsory gymnastics. These athletes will compete at the Local, State and Regional levels and will conclude their season with the Open Championship Meet.

Level 7 & 8 - Intermediate and Advanced level of optional gymnastics. These athletes complete their own routines while meeting compulsory requirements. These athletes will compete at the local, state, and regional levels and have the opportunity to qualify to the Regional Championships.

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

Rhythmic Xcel Program-The mission of the Rhythmic Xcel Program is to provide a program that makes rhythmic gymnastics easily accessible for new clubs, coaches, and athletes, to provide an alternative program for athletes seeking a more recreationally competitive experience and to bring the health benefits of rhythmic gymnastics to a wider audience.

The USA Gymnastics XCEL program consists of 4 levels:

Xcel A- Gymnastics that include skill range from USAG **Level 3**. Athletes are beginning-level performers just getting used to performing in front of an audience.

Xcel B- Gymnastics that include skill range from USAG **Level 4**. Athletes are able to begin showing musicality and expression and can appeal to the audience with their performance.

Xcel C- Gymnastics that include skill range from USAG **Level 5**. Athletes are showing a strong ability to deliver a package performance.

Xcel D is for athletes who perform primarily FIG .3 body skills OR who create difficulty through skill combinations and variations. Apparatus handling is masterful and includes variety, risk, and virtuosity. Level D athletes demonstrate a near professional level of performance ability.

2. Integrity Team Rules & Policies

Integrity Rhythmic Team is built on a culture of respect, 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.

Parental Responsibilities

It is the responsibility of all team parents to:

- Trust in the coaches' abilities to lead and grow each athlete's skills.
- Pay promptly when tuition and other fees are due.
- Help ensure that your child has good attendance and is on time to practice and competitions.
- Support your child by attending events that your child is involved in, always remaining positive, encouraging your child to do her best, and giving congratulations for a job well done regardless of scores or placement.
- Volunteer as needed for the team's hosted competitions.
- Respect all coaches, gymnasts, parents, judges & meet facilitators.
- Communicate directly with the coach if there is any issue that needs to be addressed.
- Parents are not allowed on the gym floor during the training session.
- *Social Media:* Parents will not participate in defamatory language or actions towards Integrity Athletics, Coaches, or other athletes.

Gymnast Responsibilities

As a member of the team, it is the responsibility of the gymnast to:

- Attend all scheduled practices on time and be ready to work
- Dress in the appropriate attire for practices and competitions and come prepared with the necessary equipment
- Listen to and follow all rules and instructions from coaches
- Keep an open mind when receiving critique
- Have a positive attitude, do their best & take pride in their training and achievements
- Support every other team member during training and competitions
- Be respectful of all coaches, teammates, competitors, judges & meet facilitators, as well as the facilities in which they are training and compete
- Display good sportsmanship at competitions and attend awards ceremonies regardless of scores or placements.
- Communicate directly with the coach if there is any issue that needs to be addressed.
- *Social Media:* Athletes 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 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

Information about practice, team events, competitions, and other important information will be communicated by team app or email, and direct any questions or concerns to Coach Hyejin at: hyejin@integritygym.com

Private lessons

Private lessons, in addition to regular training sessions, are available upon request. Level 4-10 gymnasts are highly recommended to schedule weekly or biweekly private lessons for optimal results. Please contact coaches if you would like to schedule a private lesson. Private lesson fees are determined by and paid directly to the coach giving the lesson.

Training Dress Code

Solid black leotard or tight-fitting black tank top with black footless tights. All practice attire must be form fitting-no baggy tanks or shorts. Hair must be secured back tightly in a bun.

3. Financial Obligations

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

- 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, and 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 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 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.

<u>Rhythmic Team Tuition 2023-2024</u>		
Begins September 1 st , 2023		
Level	Hours	Monthly
Xcel A	4	\$225
Xcel B/ Level 3	6	\$260
Level 4	8	\$285
Level 5	11	\$320
Xcel C	11.5	\$325
Level 6	15.5	\$353
Level 7	17.5	\$365
Level 8-10	22	\$415

2. Apparel, Equipment, and Other Fees Obligation

Apparatus:

All gymnasts on the competitive team must purchase their own set of apparatus and toe shoes. Items needed vary by level and pricing for apparatus varies based on the item, size, and color. Team apparatus orders will be placed every year between July and August. The following apparatus items must be in your gymnast's gym bag at all times.

- Level 3: Hoop, Ball, Toe shoes
- Level 4: Rope, Hoop, Toe shoes
- Level 5: Rope, Hoop, Clubs, Ribbon, Ribbon winder, Toe shoes, Knee Pads

Level 6-10: Rope, Hoop, Ball, Clubs, Ribbon, Ribbon winder, Toe shoes, Knee Pads

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 and is approximately \$70.

Apparel:

All competitive gymnasts are required to purchase the following team uniform for competitions (exact items will vary every two years). Payment for these items will be paid to Integrity.

Level 3-4 & Xcel A,B: Team competition leotard, warm-up suit, selected team apparel & team gym bag.

Level 6-10: Team warm-up suit, selected team apparel & team gym bag. Gymnasts are allowed up to 4 individual competition leotards of choice (2 for levels 5-6) to be paid for by the individual. All leotards must be approved by Coach Hyejin prior to purchasing.

*For competitions, all gymnasts are required to wear their hair in a high, tight bun.

Routine Music & Choreography:

- Level 3-5: Gymnasts will share routine choreography within the level.
- Level 6-10: Gymnasts will have their own individual routines choreographed. Music will be selected by Coaches and must be paid for by the individual if the music is being ordered or needs to be cut. Routine choreography will take place in July-September. The cost of choreography for each **routine is \$320**. This cost includes individualized time with the gymnast to choreograph the routine. **This must be paid for at the time of choreography.**
- Xcel A-D: Gymnasts can either share routines or have their own choreographed routines. If gymnasts desire to have their own routines, each routine for Xcel gymnasts costs **\$150**. This cost includes individualized time with the gymnast to choreograph the routine and is to be paid for by the individual. **This must be paid for at the time of choreography.**
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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 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 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 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.

Fundraising:

Families can earn money to assist with the payment of athlete competition fees through fundraising opportunities including working any Integrity-hosted competitions. Volunteer work may be outside of their own discipline.

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.

4. The Competition Season

The competition season runs from approximately January to June. A list of competitions the team will attend will be distributed at the beginning of the season. Parents may select which and how many competitions their gymnasts attend based on the following minimum competition requirements:

Xcel A-D: 2 required competitions

Level 3: 3 required competitions

Level 4: 4 required competitions

Level 5: 4 required competitions; 4 additional opportunities

Level 6: 5 required competitions; 4 additional opportunities including Nationals

Level 7-8: 6 required competitions; 3 additional opportunities including Nationals

Level 9: 7 required competitions; 3 additional opportunities including Nationals

Level 10: 8 required competitions including Nationals; 1 additional opportunity

***Gymnasts are always encouraged and welcome to attend more than the minimum competition requirement. Any additional competitions attended will incur the associated competition fees.**

Travel Arrangements

It is the responsibility of each gymnast and her family to arrange transportation to each competition. Traveling together as a team may be required for some long-distance level 7-10 competitions. For each out-of-town competition, there will be a specific host hotel at which gymnasts are required to stay. This hotel is determined by the meet director and has a discounted rate for gymnasts competing at the event. Please book hotel reservations for the whole weekend as soon as you receive the information. The competition day and time for each level will not be announced until approximately 1-2 weeks before the event. Once you receive this information you can cancel any hotel nights you do not need. If parents are unable to attend an out-of-town meet, they should plan for their gymnast to travel with another family or coach and split travel expenses accordingly.

Competition Expectations

For each competition, each gymnast will be given a specific time to be at the competition venue. **Gymnasts must arrive at least 15 minutes prior to their warm-up time.** It is necessary that all gymnasts are there and ready to go at that time.

Gymnasts should already have their hair and make-up done, and warm-up apparel/team warm-up upon arrival.

No parents or other spectators are allowed in the warm-up area or near the competition floor at any time during the competition- no exceptions!

As a member of the audience, we ask that you are supportive of all the girls competing and cheer for all team members before, during, and after their routines. Cameras and video cameras are allowed at meets and can be used from the spectator seating areas, but no flash photography is permitted for the safety of the gymnasts.

5. Mobility within Team Program

It is the mission of Integrity Rhythmic 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 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: 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.

- Please do not ask when your daughter will move up a level or when they will learn a skill required for a certain level. It is our goal that these gymnasts move through the levels with high levels of success while mastering basic skill fundamentals.
- Not all gymnasts will move through the levels at the same rate. Please do not compare your child's progress with those of her peers.
- Competing successfully at one level does not guarantee the athlete 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 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 to continue their gymnastic progressions. Our main goal for the athletes is to continue to grow both physically and mentally.