

Elite Xtreme

**Gymnastics Team Handbook
2020-2021**

Welcome to Elite!

Congratulations! I am so thankful you have chosen Elite Xtreme! My dream for Elite is to fill our gym with athletes who feel loved, encouraged and appreciated. I promise to do my best personally to make this season successful and fun for everyone! This parent handbook is designed for new, as well as, returning team members. It outlines the expectations of the athlete, the coaches, and the parents. If, after reading this manual, you have any questions about any aspect of the program, please ask. We would be happy to answer any questions you may have.

I want to congratulate each one of you for choosing gymnastics as your sport. It is one of the best overall body conditioning sports for youth to participate in. The benefits are numerous! Gymnasts gain strength, flexibility, balance, coordination, and, of course, grace. These are just the physical benefits, but we also know that gymnastics promotes self-motivation, goal setting, patience, and positive self-image.

Elite Xtreme is passionate about providing a positive and rewarding experience to all its members. We are dedicated to helping children accomplish their hopes and dreams of being the best they can be in this sport, and in life.

Gymnastics is a sport that takes commitment from the athlete as well as the parent. Thank you parents for sharing your athlete with us! We are committed in our goal to provide your athlete with a positive, family-oriented environment where they can learn and excel in their chosen sport, but also a place where they can make friends and just have fun!

*Once again, welcome to **Elite's Gymnastics Team!** We are happy to have you as part of our team here are Elite Xtreme Gymnastics & Tumbling!*

Jamie Boatwright, head coach & Danielle Pennington, owner

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ATHLETE EXPECTATIONS

Take care of your body! Eat healthy foods and snacks. Provide your body with food and drink that will help you do your best. You should drink water only during practice.

Know that you will experience frustrations and setbacks. Face them and learn from them. Keep a positive attitude while working through it.

Attend all practices, scheduled competitions, and special events.

Training is exclusive to this club. Athletes may not train at any other gym, camp, or clinic while competing and/or representing this facility without explicit consent from their coach.

Email the Head Coach before practice to alert the coaches if you will be absent for any reason.

Arrive on time and stay until practice is over. Arrive ready to participate with the proper attire, well rested, and ready to go. Make sure your hair is pulled back and out of your face. All belongings need to be in your cubby or locker. No jewelry of any kind may be worn during the workout. (Small studs earrings are acceptable.)

Absolutely no food or cell phones are permitted on workout floor. Water bottles only.

Athletes must stay off the equipment before and after practice.

You are expected to work hard, try your best, and bring a good attitude. This is all that we will ever ask of you and this is always what you should demand of yourself.

Ask permission to leave the gym. This applies to leaving practice early, going to the restroom, or calling or texting parents. Your coaches must know where you are. Calling, texting, or social media is not allowed at any time, unless given permission from the coach.

DO YOUR CONDITIONING TO THE BEST OF YOUR ABILITY! Yes, conditioning is hard, but without being strong you will not be able to do the required skills, so do your best!

Most of your time in the gym is spent doing what you are told to do under the direct supervision of a coach. However, it is important for you to develop your own self-discipline and self-motivation habits. Those habits are the ones that will stay with you long after you leave the gym.

Treat your teammates with respect. Remember that you are on the same team. Everything someone else does will help your team to be better. **Bullying, teasing or negative comments will not be tolerated, whether in person, or on social media.**

Homework will have to be done much more efficiently, and with better study habits due to shorter periods of time available. It has been our experience that most of our athletes tend to get good grades and are better at studying because they have learned to budget their time more effectively than their peers.

Show respect to your coaches. Listen to what your coach is telling you. Look at him or her when they are speaking. Any sign of disrespect (rolling eyes, back talking, etc.) will not be tolerated and will result in a warning and then suspension from an activity.

Making the team is a year-round commitment. Unfortunately, there is really no way around this. To get better, and gain the strength and flexibility needed to improve, which requires hours in the gym. Practices are on the schedule for the entire year. Family, school, and religious commitments do come first, and we know that there will be times that you will miss, but call/email and let us know. Summer practices are vitally important! Summer is when you will learn most of your new skills for the upcoming season, and will directly affect what level you compete in.

Coach/Parent Relationship

At Elite we believe that the coaches, the gym, the parents, and the athletes are all part of the Elite family.

Please do not coach your child. If your child wants to practice at home, please encourage them to do conditioning or stretching exercises. Even if you were a gymnast, your child's coach may have a specific way they want skills taught. It takes twice as long to break a bad habit and re-teach it correctly. Your comments detract from what the coach may be trying to teach. Most athletes cannot concentrate on more than one thing at a time, and it interferes with the development of the coach/athlete relationship which is critical for long term success. A distracted athlete is a prime candidate for injury. Contact the front desk or the coach first if you need to communicate with an athlete on the workout floor.

Parents perform their role at home and outside the gym area. Please allow the coaches the courtesy to perform their role within the gym.

Please come to any of your child's coaches if you have a problem or concern or have general questions. We welcome questions, suggestions, comments, and discussion, but please schedule a time with your coach for this. ***Practice times, or competition days are NOT the time to seek out coaches for a meeting.*** We ask that once a decision has been made, that the decision is supported publicly and with your athlete.

Complaining to other parents will not solve your problem, and often detracts from our Elite family environment. Please respect us enough to share questions/issues directly. We mean it when we say that we have your child's best interest at heart. Rumors, innuendo, and gossip are detrimental to the successful operation of this gymnastics facility. If you need or want to know information, please contact the Head Coach. If it is a matter for your coach, they can help you set up a meeting that is convenient for the coach. If we are unaware of a problem, it will be impossible to fix. We ask that you please communicate and give us an opportunity to remedy any problems without taking the issue to other parents, or social media. Any of the above will not be tolerated and will be cause for dismissal from the program.

Social Media can be a great tool to help promote your child and their team, and show others their accomplishments. Unfortunately, it can create problems and divide the team just as easily. Please be careful what you share and say on Facebook, Twitter, Instagram, or any other social media outlets. We reserve the right to request that any and all questionable posts be removed. We also maintain the right to use any inappropriate social media posts as a right for dismissal from the team.

Please respect all Elite staff by limiting your communication to email or text during regular business hours and for business purposes only. Please do not call, text or message coaches after 9pm or on the weekends. Also, while we understand that our athletes get close to their coaches, we ask that parents/coaches maintain a professional relationship only. We do our best to make each athlete feel equally valued at the gym, and if personal relationships exist outside the gym, this can lead to feelings of favoritism or other problems. Therefore, coaches are NOT allowed to "friend" or "follow" athletes on social media.

Parent Viewing

Unfortunately, due to the floorplan at Elite, parent viewing is difficult and it isn't possible for parents to view the entire practice area. However there are no closed doors, and the practice area is open to all coaches and athletes. We do have overhead doors that we can open when the weather permits which will allow viewing to all areas. Please keep in mind that parents are not allowed onto the gym floor with a few rare exceptions. Please do NOT allow small children to play anywhere beyond the viewing area. Even though the viewing is limited, parents are welcome to attend all practices.

Safe Sport Policies

USA Gymnastics has identified 10 policies meant to set professional and acceptable boundaries between adults in a position of power and athletes. These guidelines are intended to reduce isolated interactions with minors; prevent the grooming process that leads to sexual abuse; and help athletes, parents and other adults recognize inappropriate behavior. These policies help create an atmosphere of confidence in an organization when adopted and embraced by all members. To view the complete Safe Sport Policies or for more information on how to make a report, please visit https://usagym.org/PDFs/safesport/policy_snapshot.pdf

GENERAL TEAM INFORMATION

Local vs Travel Meets:

Meets are considered "local" when they are within a 5-hour drive from the gym. This includes areas such as Dallas, Wichita, Kansas City, Branson, etc. All local and travel meets are considered mandatory when applicable, with the exclusion of Judges Cup, Regionals and Nationals.

Tuition:

Team membership is a full season commitment. **Tuition is not prorated if athlete misses practices.** Also, your account must be at a zero balance before athletes are allowed to schedule any private lessons or compete at a meet. As a member of team, parents are required to pay tuition via auto-pay. Your athlete's account must be current at time of competition. If your account is not current, your athlete will not be allowed to participate in the meet.

Injured Athletes:

Your athlete's safety is our main concern at Elite. Often, athletes will inform parents of pain/injury before they tell their coach. Therefore, it is imperative that parents clearly communicate any and all concerns to the coaches immediately, so that we can make sure we are aware of the situation. Even if the athlete says they told the coach, PLEASE confirm this yourself by contacting the coach directly.

Injured athletes should still make every effort to attend practice if possible. Coaches, parents and athletes will work together to develop a plan which will allow the athlete to work around injuries and to turn a difficult time into something positive by increased work on flexibility, strength, specific events, or specific skills. If you have any physical restrictions/limitations by a doctor, please provide a physicians letter so that we can make sure we are complying with their recommendations. We will also need a release from the doctor before full practices can resume.

Practice Expectations

Parents, please talk to your child about staying in line, listening carefully to the coach, and refrain from any talking and horseplay while at practice.

You may need to rearrange your schedule so that you are available to drive your athlete to and from practice every day. (You may want to start a carpool with other team parents.) Please note, that USAG Safe Sport restricts coaches from transporting athletes, so please refrain from asking coaches to help with rides to and from practice or events.

Time management skills will become a necessity in all areas of your child's life (and yours). Practice times may be set up to try to accommodate school events, etc., but please keep in mind that they may be inconvenient to family time. Every effort should be made to be present and on time every day.

All competitive skills are required to be performed during practice consistently for two weeks prior to a meet for the athlete to be allowed to compete the skill.

There are no make-ups for missed practices. You are not allowed to practice with another group or level because you missed your practice. Some allowances will be made during meet season for illness or family emergencies. This will be discretionary and must be preapproved by your coach.

The coaching staff has the final say in all competitive program matters, as they are ultimately responsible for each child's well-being. Therefore, if they believe an athlete is unable to perform a skill or event safely, they may not be allowed to compete that item at an upcoming meet.

Summer Workouts

Summer workout is one of the most important times of the season. Athletes are required to attend summer practices to be part of the competitive team. Each athlete is allowed to miss a specific amount of practice based on the number of practices per week in order to advance to the next level.

Camps

We encourage our athletes to attend training camps. However, please discuss plans with your coach before registering. There are many different camps available, and we want to make sure that you are not wasting your money. Also, we always prefer the coach attend camp with their athlete. Parents of athletes attending the camp will be responsible for paying the coaches expenses, plus \$150/day for their time. The costs will be divided evenly and then paid directly to the coach prior to attending camp.

Remember that while at camp you are a representative of Elite. If you are unhappy with the camp itself, its coaches or anything else, please keep negative comments to yourself. Please do NOT address your concerns with an employee of the host camp, and certainly not in public with other attendees. If you have any questions about the camp or training, please do so in private with your Elite coach.

Team Attire and Grooming

Elite team members are expected to not only act, but also look respectable when representing our team. While in the gym, team members should dress in appropriate practice wear. No shorts or sweats while in training. Any tattoos should be covered. No hoop earrings or loose jewelry. Hair should always be pulled back out of the face. Personal hygiene is very important to maintaining a healthy team. When you are called on to represent the club at a meet or while traveling with the club, your respective coach will determine the attire for that situation. Please remember that your demeanor, grooming, and attitude represent the name Elite, and a high standard of behavior is expected.

Private Lessons/Workouts

Team members are allowed to do private lessons at Elite only. Off-site private lessons, even with Elite staff, are not permitted. An Elite team member should only do private lessons with their personal coach. Prior permission is required if you wish to do a private lesson with another Elite team coach. Immediate removal from team will

occur if this is violated. No private lessons are allowed unless tuition is paid in full and your account is at a zero balance. A parent or guardian is required to attend ALL PRIVATE LESSONS. Due to SafeSport regulations we do not allow coaches to practice alone with any athletes.

Extra-Curricular Activities

We understand that we cannot technically limit what activities your child participates in outside of the gym. However, there are a few things that we ask our athletes to refrain from doing, especially during meet season. Injuries from roller skating and trampoline parks are the most common things we see. Your athlete puts in a great amount of time and work into their sport, and we hate to see them miss competition season due to an avoidable injury.

GYMNASTICS TEAM DETAILS

Competitive Gymnastics is a sport which is growing in numbers every year. The athletes compete in four events consisting of Vault, Bars, Beam and Floor Exercise.

At Elite, our young gymnasts typically begin competing in the Xcel Program and may later be invited to join the JO team. Our Xcel and level 3-4 gymnasts compete at AAU (Amateur Athletic Union) and/or USAG sanctioned meets. AAU is simply another gymnastics organization but allows entry level gymnasts less pressure in scoring and skill requirements and is MUCH less expensive for parents.

What is the Xcel Program?

There are five divisions in the Xcel program: Bronze, Silver, Gold, Platinum and Diamond. All Xcel divisions have optional rules. Basically, optional rules mean that there are only 4-5 routine requirements, and each gymnast can have a personalized routine. The Junior Olympic USAG compulsory levels have set routines, that every gymnast performs exactly the same. Because of that, the judging is more strict and produces lower scores than what gymnast may have in Xcel.

In the Junior Olympic program the first Optional level is level 6, which is comparable in skill level to the hardest division in the Xcel program, the Diamond division. So, without the Xcel program a gymnast could be involved in the sport for years, without ever getting to compete an individual, customized routine.

- Beginner gymnasts get to have fun competing sooner since they don't have to wait to be invited to a JO team.
- Gymnasts compete personalized routines emphasizing their strengths, taste, and personality.
- Less time commitment. Xcel gymnasts only practice 6-10 hours a week vs 12-24.
- Less expensive! Entry fees are capped at Xcel meets to make it more affordable.
- Ideal program for beginner gymnasts who are older.
- Lower skill requirements mean higher scores, which helps boost self-esteem and keep gymnasts motivated.
- Advanced Xcel levels allow gymnasts to continue learning more difficult skills but without the pressure of the JO program.

For more information please visit <http://gymnasticshq.com/gymnastics-xcel-levels/>

What is the Junior Olympic (JO) Program?

Elite also trains gymnasts to compete in the Junior Olympic Program, which consists of ten levels. Levels 3-5 are considered "Compulsory" and levels 6-10 are considered "Optional".

- **Level 1 - 5:** These gymnasts all perform the same routines within their level, as set forth by USAG/AAU. Level 1 is the beginning level for the competitive team at Elite, and may compete as USAG and/or AAU athletes.
- **Level 6-10:** Gymnast at these levels will have their own unique routine, choreographed for them.
- **Level 7 & up:** These gymnasts have an opportunity to qualify for Regionals as well as other optional meets. Please note the costs for these meets are NOT included in the budget, and require additional payment.

Advancement Through the JO Levels

Although our advancement policy is not “etched in stone”, due to the variety of circumstances involved, we do have a fair and consistent method intact. This method has been tested and proven for over 15 years and has been very successful. As gymnastics professionals, it is our duty to protect what we feel is in the best interest of the program and the athlete’s development. **Elite’s policy is to not discuss level move ups until after summer training is completed in August at the earliest.** That being said, the next section describes the general rules or guidelines we follow when making decisions regarding advancement:

Levels are not guaranteed! If your child no longer is performing their skill requirements, they can be moved to a lower level at the coach’s discretion.

Level 3: Score a minimum of 33.0 All-Around (AA) in-gym situation and/or other testing procedure. Be able to safely execute all USAG required Level 3 elements. Be able to safely and consistently execute the following:

- Bars: Pullover, Shoot-through, and Backhip Circle, Stride Circle with or without spot
- Beam: Complete Handstand to vertical
- Floor: Round off Back Handspring at least with a spot

Level 4: Score two separate 36.0 AA scores in qualifying Level 3 meets. Be able to safely execute all USAG required Level 4 elements. Be able to safely and consistently execute the following:

- Vault: Front Handspring over the table (with repulsion) without spot
- Bars: Kip on both low and high bar.
- Beam: Cartwheel
- Floor: 2 Back Handsprings in a row and Front Handspring rebound

Level 5: Score two separate 36.0 AA scores in qualifying Level 4 meets. Be able to safely execute all USAG required Level 5 elements. Be able to safely and consistently execute the following:

- Vault: Front Handspring over the table without spot onto competition surface.
- Bars: Kip cast above horizontal on both low and high bar; Clear Hip to horizontal; Fly Away without spot.
- Beam: Back Walkover or Back Handspring
- Floor: Back Handspring Back Tuck and Front Tuck on Floor.

Level 6: Score two separate 36.0 AA scores in qualifying Level 5 meets. Be able to safely execute all USAG required Level 6 elements. Be able to safely and consistently execute the following:

- Vault: Yurchenko or Tsuk timer onto stacked mats at 115 vault setting
- Bars: Kip cast handstand, clear hip to 45 degrees from handstand, Cast layout flyaway
- Beam: Back Handspring, “A” Dismount, Working “B” Dismount
- Floor: Front Tuck; Roundoff Back Handspring to Back Tuck; Switch Leap

Level 7: Score two separate 36.0 AA scores in qualifying Level 6 meets. Be able to safely execute all USAG required Level 7 elements. Be able to safely and consistently execute the following:

- Vault: Yurchenko or Tsuk timer onto stacked mats at 115 vault setting
- Bars: Cast handstand; clear hip to 35 degrees of handstand; Giant to fly away
- Beam: Acro Series with at least one B skill, Working at least “B” Dismount
- Floor: Front Handspring Front and Roundoff Back Handspring to Layout

Level 8: Obtain two separate 36.0 AA scores at qualifying Level 6 and/or 7 meets. Be able to safely execute USAG requirements for Level 8. Be able to safely and consistently execute the following:

- Vault: 9.8 or higher start value
- Bars: Kip cast handstand, Clear hip Handstand, Giant, Flyaway, Major B release or Pirouette
- Beam: Back Handspring/Back Handspring series; “B” Dismount
- Floor: Forward 2 Salto pass and Roundoff Back handspring Full

Level 9: Obtain two separate 36.0 AA scores at qualifying Level 8 meets. Must have qualified to Regionals in Level 8. Be able to safely execute USAG special requirements for Level 9. Be able to safely and consistently execute the following:

- Vault: 9.5 or higher start value (9.5 would be considered a “weak event”)
- Bars: “D” release, “C” dismount and potential for bonus
- Beam: “C” flight series, “C” Dismount, “C” salto and full bonus on beam
- Floor: 2 “C” level tumbling passes, and one combination bonus pass.

Level 10: Obtain 2 separate 36.0 scores at qualifying Level 9 meets. Be able to safely execute USAG special requirements for Level 10. Be able to safely and consistently execute the following:

- Vault: 9.7 or higher start value (9.7 would be considered a “weak event”)
- Bars: 2 (C/D) releases, full bonus, a “C” Dismount
- Beam: A (C) flight Series, full bonus, a separate D/C salto and a C Dismount.
- Floor: 2 (D) tumbling Passes and minimum C combination bonus pass, full bonus (a second .2 bonus pass can replace a D pass)

IMPORTANT: Elite Xtreme requires elements that are more difficult than the USAG elements. It is not our goal to keep kids out of competition, therefore we will allow potential Level 7-10 athletes to have one “weak event” based on the above criterion. Also, the requirements above are minimums and do not automatically guarantee level advancement. Coachability, attitude, attendance, and effort are also considered prior to advancement. Elite reserves the right to make all final decision regarding level advancement.

GENERAL MEET DAY INFORMATION

- Please **label your child's uniform** and warm up with their initials on the inside tag.
- Athletes must arrive 15 minutes prior to open stretch start time! They need to be dressed in their leo and warmups, ready to go. Please have your athlete remain in the stands until called onto the competition floor by your coach.
- Gymnasts should be well groomed. **Hair should be in a bun.**
- Make-up should be limited. **Remove all nail polish.** No jewelry of any kind is allowed.
- Gymnast should bring their team gym bag with healthy snacks and water (no Gatorade).
- Crying, disrespect, or poor sportsmanship during a competition will not be tolerated. The coach reserves the right to scratch the athlete in one or more events if this occurs. All skills are required to be performed during timed warm-ups in order to be allowed to compete on that event. If the athlete does not perform a skill safely, then she will be scratched from that event.
- Athletes need to wear approved footwear.
- **Once your child is on the floor, please refrain from communicating with them until the competition is over. Cell phones and texting are not allowed on the floor by USAG Rules.**
- Athletes are expected to stay for the entire awards ceremony, even if your level and age group is complete. It is poor sportsmanship to leave awards early.
- **Under no circumstance is a parent ever to approach a judge or meet official before, during, or after the meet to complain, comment on, or ask about a score.**
- Please limit conversations with the coaching staff on meet day. The coaches are very busy, and any concerns about the competition should be addressed the following week at gym.
- In case of any injury during warm-ups or competition, don't panic! In most cases the injury will be minor and the coach will take care of it. If you are needed, the coach will call for you.
- **Parents are NEVER allowed on the floor for any reason at any time!** This could cause our entire team to be removed from the entire meet.
- Remember that you represent Elite and all of our athletes. **DO NOT** speak poorly about ANY athletes, coaches, judges, staff, or about any other gyms.
- Gymnastics meets last 3-4 hours. Many meets don't have the most comfortable seating, so we suggest packing a stadium seat. Most meets will have a concession stand, but you may want to pack snacks for younger siblings. Younger kids are going to get bored! If you are bringing younger siblings, make sure you're prepared.
- Bring Cash! Concessions, parking fees and gate fees are often cash only. The average admission ticket to a meet is \$10/person but may be as high as \$20.
- Don't expect to understand scoring. The first couple of years your gymnast competes can be very frustrating. You think your kid looks amazing, but they get a low score....what are those judges BLIND?!?! The truth is that it takes a lot of training to see what makes those scores high or low. Try to keep calm and feel free to ask questions at the gym the following week.
- **STAY POSITIVE!** The most important thing your gymnast can hear you say is "I love watching you compete" and "I love you no matter what you score". Encourage them to have fun and do their best. Remember, they only get one chance to do their best on a 4 inch beam! They have coaches to help them with the details, you just need to make them feel loved!

2020/2021 GYMNASTICS BUDGET

Team Fees:

There are four basic fees included in your Team Fees:

- Meet Entry Fees - This is the cost of entering your child into each meet.
- Coaches Fees – Coaches fees and travel costs are paid in full by all team members collaboratively. Those expenses include your coach’s transportation, hotels, meals, parking, rental car, and session fees.
- Apparel Fees - Leotards and warmups are purchased on alternating years in an effort to minimize costs.
- Misc – Includes credit card processing fees, leotard sample costs, as well as any other miscellaneous team costs as deemed necessary by Elite coaching staff.

Other Fees:

Other costs associated with team, but are not included in the team budget are:

- Choreography – level 6+ (\$200) and Xcel Gold+ (\$100) will pay choreography fees to their coach personally.
- Music – Level 6+ and Xcel Silver+ may be required to pay license fees for their personal music. Average cost is \$50-\$75.
- USAG / AAU Membership – In order to compete in a sanctioned meet, the athlete must be a registered member with the appropriate organization. The USAG fee for 2019-2020 was \$61, and AAU was \$35. This fee is paid directly by the parents to the USAG/AAU organization. We anticipate fees to be similar again this year.
- Activities Fund – Each year the parents pay about \$60 to help cover costs of special events including decorating, state competition celebrations, etc. This is paid to the parent committee and is due by October 1st.
- Regionals/Westerns/Nationals/Bonus Meet Fees: Level 7-10 gymnasts may qualify for additional meets. If your athlete qualifies, you will be responsible for any meet fees, coaches’ travel and session fees, as well as your own travel costs. If more than one gymnast from your students’ level is attending the same meet, the fees will be split evenly. These fees are not included in your annual team fees, and will be billed separately, and prior to competition.

<u>2020-2021 Returning Team Member Fees</u>	
Xcel Bronze & Silver - \$700	Xcel Gold & Platinum \$850
Level 1 & 2 - \$700	Level 3 & 4 - \$850
Level 6-10 - \$1800	
<p>NEW TEAM MEMBERS: Additional apparel fees will be required for new members since they will need a leotard, warmups and bag for their first year. We do our best to find used or reduced priced items, but can run as much as an additional \$250. Also, this does not include costs if your child outgrows their apparel and you need to order a new one between alternating years.</p> <p>BUDGET IS BASED ON 7 MEETS. IF ADDITIONAL MEETS ARE ADDED THEY WILL BE OPTIONAL AT AN ADDITIONAL FEE.</p> <p>Pay Schedule: Half Due September 1st / Balance Due November 1st</p>	

PLEASE NOTE: Team Fees are NOT refundable, optional or negotiable! The total amount listed above is due in full prior to any competition. If you leave the gym for any reason during the season, fees are NON-REFUNDABLE. Any funds forfeited will be distributed to the general team budget to be used at the owner discretion.

PARENT / ATHLETE HANDBOOK AGREEMENT

- I have read and understand all the policies, procedures, and guidelines set forth in the Elite Xtreme Gymnastics 2020-2021 Team Parent Handbook. [REDACTED]
- I agree to pay the following fees and acknowledge and understand these fees are NON-REFUNDABLE if I choose to leave Elite at any time, for any reason. I understand that the total is due in full prior to competing in any competition. Any funds forfeited will be distributed to the general team budget to be used at the owner's discretion. [REDACTED]

2020-2021 Returning Team Member Fees

Xcel Bronze & Silver - \$700	Xcel Gold & Platinum \$850
Level 1 & 2 - \$700	Level 3 & 4 - \$850
Level 6-10 - \$1800	

NEW TEAM MEMBERS: Additional apparel fees will be required for new members since they will need a leotard, warmups and bag for their first year. We do our best to find used or reduced priced items, but can run as much as an additional \$200. Also, this does not include costs if your child outgrows their apparel and you need to order a new one between alternating years.

Budget Is Based On 7 Meets. If Additional Meets Are Added They Will Be Optional At An Additional Fee.

Pay Schedule: Half Due September 1st / Balance Due November 1st

- I understand that if a competition is cancelled, that fees for that meet will be refunded to my account only IF the sanctioning meet refunds fees to Elite. [REDACTED]
- I understand that tuition is not prorated if athlete misses practices due to illness, injury, vacation or other family obligations, and that team practices cannot be made-up. [REDACTED]
- I also understand that the policies and procedures may change throughout the year. Modifications and additions to this document may be made via letters or communications from the Head Coach and/or Owner.
- I agree to refrain from negative speech in regard to Elite, USAG or any other gymnastics facility, coaches or athletes.

Athlete Printed Name: _____

Athlete Signature: _____

Date: _____

Parent Printed Name: _____

Parent Signature: _____

Date: _____

Notary Public Acknowledgment

State of _____ County of _____

I hereby certify that _____ appeared before me on
This _____ day of _____, 2020 and signed this form in my presence.

Notary Public Signature

Date My Commission Expires

2020/2021 Elite Team Handbook - Amendment 1 – Aug. 13, 2020

1. 5% TEAM FEE PAYMENT CHARGE:

Effective immediately there will be a 5% fee added to payments made by credit/debit cards for TEAM FEES. **This does not include tuition.**

2. ENTRY FEE REFUNDS:

In the event that a competition is cancelled for any reason, Elite will refund parents any money they paid to cover this entry fee once they receive refund from the meet host. (Please remember that if you use sponsorship or fundraising money to pay team fees, that the refund will simply come as a credit to your account and not a cash payment.)

3. Any floor routines choreographed by Elite Xtreme coaches, staff or sub-contractors are to be used exclusively while competing as an Elite gymnast. Simply put, if an athlete chooses to leave Elite, they cannot use the same music or choreography at a different gym without written consent by Elite Xtreme.

Athlete Printed Name: _____

Parent Printed Name: _____

Parent Signature: _____

Date: _____