

LAKETTES & LAKERS GYMNASTICS USAG TEAM HANDBOOK



2019-2020

MISSION STATEMENT

The mission of Lakettes & Lakers Gymnastics is to provide a fun and safe environment for character and physical fitness development through the sport of gymnastics.

Lakettes & Lakers Gymnastics will do our best to ensure that each participant in gymnastics has an experience that is positive, safe, mentally and physically healthy, worthwhile and FUN.

Motto: Pursuing dreams one child at a time.

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General Information

L&LG is proud of the success of our team program. This success is due in part to the rules and policies to which we adhere. These rules and policies are written in this handbook to clarify the expectations for everyone in the program. This not only includes cooperation from the gymnasts and parents but also the coaches and owners. The entire staff at L&LG is expected to follow these rules and policies to work towards the success of the team.

Every parent feels his or her child is special. The L&LG staff feels this way also. However, please do not ask or expect L&LG to ignore or change our rules and policies to meet the needs, desires, and schedule of your child. Our policies have been established over many years; they were developed to meet the needs of the entire program.

Gymnast/Parent Commitments

You and your child have been chosen to be members of the Lakettes & Lakers Gymnastics Team. Going to a meet and representing L&LG is a privilege that your child has earned by his/her hard work, dedication and determination. In order to participate in the upcoming meets, the rules and policies, listed below, must be followed.

1. Both the gymnast and his/her parents must display a positive attitude. Good sportsmanship is required toward coaches, judges and other gymnasts at all times. The coach has the right to remove a gymnast from practice or a meet for negative or disrespectful behavior.
2. The gymnasts are expected to give 100% at every practice. This attitude will be maintained through the entire practice. If sickness/injury occurs during practice, the athlete is responsible to inform their coach and a call will be given to be picked up early.
3. Parents are expected to be supportive of the team program and its coaches. Please feel free to set up an appointment with your child's coach by phone or email. If the coach is unable to answer your questions or concerns the next step is to make an appointment to talk to Mary Hawley "Team Director". If Mary is not able to satisfy your question or concern. The next step would be to email or call Matt & Heather Kowalczyk (owners).
4. The team parent is as beneficial to the team as the gymnast. L&LG reserves the right to remove a gymnast from the team if either the gymnast or the parent becomes a detriment to the success of the team or the gym.
5. As a member of L&LG, monthly tuition, meet fees and additional expenses must be paid by the set due dates. If your account becomes delinquent it may result in suspension from practice and/or meets.

Policies and Procedures

Attendance:

- ☐ The gymnast or parent is required to call in, text or email their coach if the gymnast is absent or late.
- ☐ Attendance at practice is expected and absences kept to a minimum.
- ☐ If the coaches feel that your daughter or son is missing too many practices, you will be contacted to set up a meeting to discuss the problem.

- If the coaches feel that because of the absences, he/she is not ready to safely compete, the coach has the option of removing her from the meet and there will not be any refunds.
- If your daughter or son misses any practices the week prior to a meet, the gymnast may be scratched from the meet unless otherwise approved by the coach.
- Excessive absences following his/her state meet may affect what level he/she practices for the summer.
- Extra-curricular activities that interfere with practices must be approved by your child's coach.

Make Up Policy:

- There are no make-ups at the team level for any practice missed for personal reasons.
- Inclement weather make up practices will be scheduled after 2 missed practices.
- There may be changes in the schedule at any time to support other programs in the gym.
- The following holidays will not be made up: 4th of July, Thanksgiving, Christmas Eve, Christmas, New Year's Eve, New Year's Day, Good Friday.
- Practices missed due to competition or traveling will not be made up.
- In the case that your child's coach is not available due to traveling to competitions, even if your child is not competing or traveling, practice may be cancelled. Scheduled practice will remain only when there is a suitable substitute coach available.

Workout Schedule:

- Gymnasts workout the number of hours per week designated for their level.
- Workout schedules may change from School year session to summer session.
- Tuition is charged monthly for a 4 week month, based on hours per week.
- The following breaks are included in the schedule (subject to change) w/o payment change:
 - 1 week end of summer/beginning of school
 - During the week of the end of year gym show practice schedules will be modified.
 - Gym show runs 4 nights starting on Memorial Day. All team members are required to participate in all nights of the show. Exceptions must be approved by their coach.

Summer training:

- Mandatory Summer Team Camp payment is in addition to tuition. All team athletes will be charged for Team Camp and are expected to attend. (excludes Xcel and Level 2) In the case of an approved exemption from Team Camp, the team camp fee will still apply.
- Is very important to the competitive gymnast.
- During the approximately nine weeks of summer practices, L&LG increases the workout hours to achieve new skills, increase strength, flexibility and endurance.
- Although attendance is important for all gymnasts, if a gymnast is trying to move levels, it is essential for him/her to have a minimal number of absences.
- We realize that summer is also the time for vacations and camps so we have made our summer practice policy with this in mind.

Summer Practice Policy:

- Please limit absences, including camps, vacations and sick days. If a gymnast is attending a GYMNASTICS camp, this is not counted in their total of days missed.
- In order to be considered to move up a level, the gymnast may not miss more than 25% of their summer practices.

Private Lessons:

- Private lessons are available for any team member.
- Privates may be beneficial during times when a gymnast is struggling with a certain skill, needing some one on one coaching, wanting to learn something totally new, or perfecting a skill or routine.
- Private lessons are scheduled for gymnasts who attend practice on a regular basis. The private lesson is with your level coach only first, or by their referral.
- Private lesson fees are paid in 2 parts
 1. \$15 per hour is required , check made payable to Lakettes (no cash allowed)
 2. Paid directly to the instructor / coach. Rates vary from \$15-\$60 per hour. Remember, personal rates are in addition to the gym's \$15 per hour rate.
- Tuition, meet fees, and any other charges **must be current** in order to schedule private lessons.
- You are never allowed to leave your child in the gym if the coach is the only adult present.

School Commitment/Personal Day:

- Although commitment is an important aspect of this sport, we do realize that a gymnast will miss practice due to a school conflict or other personal reasons. When a gymnast uses his/her time well at practice and his/her attendance is good, an occasional missed practice is not a problem.
- Please notify his/her coach prior to the day he/she will be absent and the reason. Please keep these absences to a minimum.
- We also understand how important schoolwork is to the development of a child. Please contact the coach if grades are slipping and allowances will be made.

Other Extra-Curricular Activities:

- Level 2-5 & Xcel, gymnast's participation in outside activities are allowed.
- Levels 6-8, outside activities are allowed but not encouraged. While an activity such as a school play should not create a problem, an activity such as cheerleading, soccer, etc. could very well cause injuries and will add additional mental stress and physical strain on the gymnast's body.
- Level 9 & 10 gymnasts **may not** participate in any outside extra-curricular activities. A full commitment to gymnastics is required for the safety and training at these levels. It is very important that gymnasts and parents understand this policy before a gymnast is moved from level 8 to level 9.

Observation Policies:

- *For all levels'* the parent viewing is limited to 15 minutes @ start & 15 minutes @ close of practice & team parent view days only, 1st Saturday of the month.
- There may be "Special times" that your child might need you to be here (due to a specific emotional need)-please discuss this with their coach.
- If at any time the "viewing" causes a distraction for the gymnasts and coaches, the "viewers" will be asked to leave.
- Parents are not permitted in the workout area and are not permitted to coach their child. If this occurs, you will be asked to leave the practice.
- Parents will be allowed to watch their child during private lessons; however, they may be asked to leave if they interfere (coach from the viewing area) with the private lesson.
- Under no circumstances are parents allowed on the floor during regular practice or private lessons.

Pick Up/Drop Off Policy:

- The L&LG staff is expected to be here 15 minutes prior to the beginning of practice and stay 15 minutes after practice.
- Please make sure to drop off and pick up your gymnasts at the appropriate times.
- We understand that circumstances do arise, please try to call the gym if you find that you will be late picking up your child.
- If a staff member has to stay with your gymnast past the 15 minutes, you will receive a warning the first time. If it occurs again, you will be billed the hourly rate of pay for private lessons.
- If it is at a time while the gym is still open, please let us know if something has come up and that your son/daughter will need to wait for pick up. This should not be a regular occurrence.
- At no time are siblings (gymnast or non-gymnasts) allowed in the gym unsupervised during practices. This includes waiting in the balcony.

Evaluations/Meetings:

- An ongoing dialogue between gymnasts - coaches - parents and also parents and their gymnasts is essential to any successful program.
- Please be sure to notify your son's/daughter's head coach to discuss any outside changes which may affect his/her training. (Ex. Medicine, Family, School)
- A more formal meeting/evaluation will be given as needed.
- If the coaches feel that it is necessary to meet with you and your gymnast during the season, they will arrange a time that is convenient for everyone.
- Please refrain from any lengthy conversations during practice times. The coaches need to be on the floor with the gymnasts. Leave a message for them and they will get in touch with you as soon as they can. All of our coaches also have email addresses and are happy to correspond through email. You can find their email address in the handbook under coach's contacts.

General Competition Rules and Policies

- All team members are expected to make all team competition and will be charged for them.
- Gymnasts and parents do not decide which meets they would like to do and which they do not.
- Suspension and/or expulsion from the Team Program may result if you choose to have your son or daughter not participate in a scheduled meet.
- Bat mitzvah, confirmation, first communion, family vacations, etc. are acceptable as long as we have a written note with the dates that will be missed prior September 1st so that they are not registered & paid for.
- If there is a conflict that arises after the meet schedule comes out, we will make every effort to get a refund but it is not guaranteed.
- If the coaches feel that because of absences, the gymnast is not ready to safely compete, the coach has the option of removing him/her from the meet and there will not be any refunds.
- There may be times when an emergency may occur and gymnasts cannot attend a competition. Please keep in mind that the team equally shares all of our competition fees. If all entry fees have been paid, travel arrangements and coaching assignments, etc. have been made and a gymnast cannot attend, he/she will still be expected to pay his/her share of that meet's fees.
- We understand that there may be times that parents cannot attend every meet/competition. However, please keep in mind that our competitive policy is for the gymnasts only, not the parents.

Meet Schedules

- Time schedules for meets are always TENTATIVE and LATE. USA Gymnastics requires the hosting team to provide the time schedule to gyms participating in the meet at least 10 days in advance of the scheduled date.
- Please keep in mind that time schedules are subject to change depending on deadlines for entries, late entries or teams dropping out.
- PLEASE understand that the hosting teams DO NOT WELCOME calls from parents asking for the schedule.
- We will provide you with the time schedules, maps, directions, and any information made available to the gym upon receipt or a call.

If you become desperate and it is within one week of the meet date, call or email the gym office. **DO NOT CALL or EMAIL THE HOSTING TEAM!**

- If the host gym is listed on our meet schedule, you may check their website for information, we only email you days and times once the host gym sends it to us.

Day of Competition Rules -Gymnasts/Parents:

- The gymnasts must be able to perform the skills in their routines safely and by themselves in practice to compete the skill in the meet. Only safety spotting, on certain skills, will be allowed at meets.
- The coach will determine if your child is eligible to compete based on the guidelines of USAG and L&LG.
- Gymnasts are expected to attend all meets for which they are eligible. The gymnast will also be expected to attend the meet, with their Level, if it is local, even if they are not competing. We are a team and the support of the girls/boys for each other is important.
- Gymnasts are expected to meet their coach at the set time prepared to compete - properly fed, hair done, wearing the appropriate uniform, with their gym bag including the appropriate equipment - grips, wristbands, tape, water, flip flops, small healthy snack, etc.
- If a gymnast is consistently late for meets, it is the coach's discretion to scratch the gymnast.
- Gymnasts become the responsibility of the coach once their session begins and return to the parents at the conclusion of the meet or awards ceremony. Sometimes a coach may not be able to attend the awards due to another level starting their competition. Parents are responsible for their child at the closing of the awards.
- Please save all communications with the gymnast and the coach until the meet is concluded.
- The result could be that the individual gymnast or team will receive a deduction or the gymnast being removed from the meet.
- Gymnasts will be expected to behave in a positive manner during competition. These expectations will be discussed in detail with the gymnasts.
- Support of teammates, attitude toward other gymnasts, coaches and judges, personal attitude, behavior during awards and while on the awards stand will be some of the subjects discussed.
- Parents may not speak to a meet director or judge at any time.
- Please discuss your concerns with your child's coach after the meet has concluded.
- Parents are not allowed on the competition floor at any time (this is a USAG policy that could result in the entire team being disqualified).
- Parents are representing L&LG at the meets as much as the coaches and gymnasts. Be supportive of each other. You are a team.

- ❑ Negative communication about other gymnasts, coaches, clubs or judges is not permitted.
- ❑ Show enthusiasm, team spirit and a positive approach to the competition. If this cannot occur, you will be asked to stop attending meets.
- ❑ Show up 30 minutes prior to scheduled time
- ❑ No Flash photography

Away Meets:

- ❑ It is the parent’s responsibility to inform the coaches of the following information:
- ❑ A cell number to reach you.
- ❑ There will be no swimming the night before or the day of the meet prior to competition.
- ❑ On occasion, parents may be asked to help with transporting gymnasts to a competition and supervising them while they are there.
- ❑ On occasion, parents may be asked to transport a coach to and from competitions without compensation.

Host hotel/travel Information:

- ❑ Will be emailed with meet information.
- ❑ Each family is responsible for making their own hotel and travel arrangements.

Health, Safety & Injuries

Safety:

- ❑ By the very nature of the sport, gymnastics carries a risk of physical injury. No matter how careful the gymnast and coaches are, no matter how many spotters are used, no matter how many landing surfaces exist; the risk cannot be totally eliminated.
- ❑ The risk can be reduced, but never eliminated.
- ❑ The risk includes minor injuries such as scrapes, bruises, etc. to more serious injuries such as dislocations, broken bones and pulled muscles and tendons. The risk also includes catastrophic injuries, such as permanent paralysis or even death, due to landing or falling on the back, neck or head.
- ❑ L&LG always does its best to provide the safest training possible for your child.
- ❑ L&LG will have a physical trainer see athletes if needed monthly or bi-monthly. An email will go out to sign up to be seen. The gymnast’s booster account will be charged for their service. Cost is \$2.50 & up depending on the time needed.
- ❑ Tape & pre-wrap are available for purchase (\$2 for tape & \$1 pre=wrap). Cash only.
- ❑ Handgrips are available for purchase. The coach will size the gymnast & they will be ordered. The gymnasts account will be charged accordingly. They will not get ordered unless there are funds in the account to cover the purchase. \$15-\$65
- ❑ Bear claws & wraps are also available for purchase. The gymnasts account will be charged accordingly. They will not get ordered unless there are funds in the account to cover the purchase.

Recommend Physicians, Chiropractors & Trainers:

St. Vincent Sports Medicine	St. Vincent Sports Medicine	Hamot Sports Medicine
Dr. Laura McIntosh	Dr. Jeffrey Kim	
4671 West Lake Road	4671 West Lake Road	100 Peach St
Erie, PA	Erie, Pa	Erie, Pa
(814) 835-2035	(814)835-2035	(814)877-6195

Dr.. Elizabeth Darling, DTP or Dr. Amanda Scully,
Nova Care Rehabilitation 814-866-7816
5928 Old French Rd, Erie, Pa 16509

Injury:

- After seeing a doctor and or therapist, the injured gymnast should bring a note describing the injury and rehabilitation plans and limitations.
- L&LG will not prorate tuition for injuries that allow the gymnast to safely follow a prescribed injury recovery program in the gym. If injury continues for more than 4 weeks, prorating will apply.
- If the gymnast is ordered to stop training completely for more than 4 weeks, then we will allow a reduction in tuition during the time training is stopped.
- Extended injury or illnesses that prevent any gym activity for 2 – 6 months are allowed a hold on tuition payments with a doctor's note.
- An injured gymnast will need a written permission from their physician in order to return to practice.
- Communication between the coach and doctor/trainer or the parent about rehabilitation is required – not through the athlete. **Do not leave the doctor's office without a note describing limitations!**

Emergency Procedures:

- The safety and welfare of each gymnast is our number one priority.
- L&LG will make every effort to contact parents in the case of an accident. However, the L&LG staff will call an ambulance if we feel it is in the best interest of the gymnast.
- Please make sure that we have current contact numbers at all times.

Dietary Recommendations:

- Gymnasts need to follow the basic dietary guidelines set by the USDA with the addition of carbohydrates and protein.
- If you need additional information, please check with your son or daughter's coach.
- We realize that weight is a touchy subject with young girls and can lead to potential problems with eating disorders. Our main concern is when a gymnast gains weight and has not increased her strength to handle the weight gain.
- We will be very careful in handling this concern, but we would appreciate some help from home.
- The occasional fast food is fine, but athletes need a balanced daily diet to obtain peak performance.
- While shopping for snacks, try to avoid soda, chips, sugary snacks and empty calories.
- The gymnasts must realize that their eating habits will affect their training and if they want to be successful, they must learn to eat right.
- Try to offer foods that are high in protein and carbohydrates and low in sugar and fats.
- Gymnasts will last longer and have more energy when they are eating the proper foods that provide fuel for their bodies.
- Skipping meals is never recommended. Even if your son/daughter is not a breakfast eater, try to encourage him/her to start their day with some type of energy filled foods.
- Gymnasts that practice for long hours have a 15 minute break in which they need to have a small snack.
- Since most meets last approximately 4 hours, send your son or daughter with a snack to competitions

SUGGESTED SNACKS

Fruits	Water
Vegetables	Sports Drinks
Plain Popcorn	Dry Cereal
Pretzels	Energy Bar
Yogurt	Cheese
Fruit Bars	
Fruit Snacks	
Granola Bars	

DO NOT SEND

Soda
Fruit Punch
Cookies
Chips
Candy
Full Meals
Shakes
Fries

Communication Methods

Team Board and Mailboxes:

- ❑ The team board & mailboxes are available for your benefit in the front hallway. All information and correspondence pertaining to team will be posted there. **Please check it often.**
- ❑ Each level (Compulsory, Optional & Boys) is also provided with a mailbox where individual correspondence will be distributed. It is the gymnast's responsibility to check his/her level mailbox often.
- ❑ Feel free to email any of the booster members information that you need to provide to the other team members. They will review it and get the word out.

Email:

- ❑ Every team family needs to have working email address on file with L&LG.
- ❑ When trying to communicate with many team members this is an easy way of doing so!
- ❑ Please make sure to keep the gym updated if your email address changes throughout the year.
- ❑ If you are not getting at least 1 email from L&LG, please check to make sure that we have your correct email address and also check your junk folder!
- ❑ Team mass emails are only to be sent out by the Booster Secretary, coaches or owners. If you have information or an idea for the whole team, please send it to the booster secretary for approval. Then it will be sent out.

Coaches/Front office Emails:

- ❑ Heather: lakettes@hotmail.com
- ❑ Monica: mkarnes@neo.rr.com
- ❑ Mary: mhawley63@icloud.com
- ❑ Chris: chris.gilbert23@yahoo.com
- ❑ Jake: squibflip17@yahoo.com
- ❑ Katie Cogswell – Mattern: krcogswell333@gmail.com

Level Reps

- ❑ Each level will have a parent that serves as a Level Rep. A Level Rep will be responsible for helping with communication and organizing team events for your son or daughter's level.
- ❑ Responsible for emailing scores and places for the newspaper after each competition. An email will be sent to explain how & where to submit the scores & places.
- ❑ Responsible for creating and keeping the Team board updated in the hallway.
- ❑ Helping your level to plan and host 1 yearly event that benefits the whole team. (See Special Events page)
- ❑ Collecting t-shirt order forms and payment for meets that have the option to pre-purchase.

Website / Facebook:

- <http://www.lakettesgymnastics.com> Team information will be listed under competitive team.
- Facebook: Post your praises! Join our Facebook page. The L & L Gymnastics Fan Club

iClass Parent Portal:

- www.lakettesgymnastics.com allows you to get up to date account information, make changes to your card on file and personal information or send notes to the front office. In effect 2015.

Lakettes & Lakers Team Boosters

The Lakettes & Lakers Team Boosters was established to ensure that gymnastic opportunities are available to a diverse group of new and existing gymnasts. The association works along with Lakettes & Lakers Gymnastics (L&LG) to enrich each gymnast's individual and team experience and to promote the sport, while keeping costs down for L&LG families. As a member of L&LG's USAG team, you must also belong to the L&LG, pay annual dues and have the opportunity & expected to participate in fundraisers. Please see the L&LG Team Boosters insert for more information. Page 16

- The General Fund will help finance the team as a whole. Examples of how it benefits the whole team:

- Pays some Educational Expenses for coaches.
- Pays coaches for coaches fees.
- Pays travel, food & lodging to the coaches
- Pays dues & certifications for coaches
- Pays booster office supplies.

L&LG Current Board Members

Teresa Burge-President

Ericka Torain– Vice President

– Secretary

Monica Karnes– Treasurer

Matt & Heather Kowalczyk– Owners

To contact the Booster Board members, please email them. Current Booster board members will be emailed out yearly.

- We ask that all team family who use Facebook to join our facebook, like & share. Anyone not wanting their child posted in pics or text must inform us so we can send that request out to all families.

- Facebook: Post your praises! We have a private group page.

**Tuition, Payment Procedures, Meet Fees
and Additional Expenses****Tuition:**

- The team program at L&LG is a 12 month program.
- Tuition is charged monthly for a 4 week month, based on hours per week.
- Team members are financially responsible for the entire school year (Sept-May).
- This is a full year financial commitment.
- Please understand that your tuition is paying for a full gymnastics training program and its benefits – not limited to just a specific number of lesson hours.

Payment:

- You may choose to pay your tuition yearly or monthly by credit card.
- If you choose to pay monthly for tuition, you must have a credit or debit card number on file with the gym.
- Monthly auto-pay for tuition will be run on the 1st of each month.
- Your child will not be allowed to participate unless tuition is paid in full or payment arrangements have been agreed upon with owners & booster board.
- We understand that unexpected and extreme financial issues occur and are willing to work with families, but we must have communication from the families regarding the payment issues and a plan of action.
- Meet fees, uniforms, and all fees associated with completion must be paid to Team Boosters. These fees are separate from tuition.
- If you choose to use a credit card to pay booster fees, there will be a 5% convenience fee added to the Team Booster payment.

Payment Methods:

- We accept Visa, MasterCard & Discover. L&LG does not except cash or personal checks without approval.

Meet Fees:

- Meet fees are an estimate of meet entry fee, team entry fee and coach's fees for the year.
 - **Meet Entry/Team Entry Fee:**
 - This fee is set by the club that is hosting the meet and is sent into the host club at least by their due date.
 - Therefore you are responsible for this fee regardless of scheduling conflicts or illness will only be refunded if the athlete scratches before their scratch deadline.
 - The only time that a refund could possibly be given is due to injury, where a note can be given to the host club in sufficient time.
 - If you know that your child will not be able to attend a scheduled meet in advance please notify the front office in writing by Sept 1st
 - **Coaches Expenses:**
 - Coaches' expenses consist of the coaching fees for meets (not practices in the gym), travel expenses (air, mileage, etc.), meals and lodging.
 - These expenses are paid through our general fund, and assessed per year, as needed..
 - Coaches fees apply regardless of illness or conflict with your schedule and are non-refundable. The team relies on your faithfulness to commit financially to each annual season and should not be expected to cover your portion if your child withdraws during season.

Estimated Meet Fee Payments:

- L&LG sets up an estimated meet fee price for each level.
- These estimates are based off of current info and previous years for the meet entry, team entry and coaches expenses.
- Meet fees must be paid in full by Nov 1st.
- The Booster Club Treasurer will bill and balance your meet account.
- Since these fees are estimated they will be balanced through the year. Any overdue balance will need to be paid immediately.

- Any credits will be kept in your account & applied to next year's meet fees.
- If the gymnast leaves L&LG, you will receive a check in the mail 30 days after the accounts are balanced at the end of competition season for session fees only, non-fundraised.
- If the gymnast leaves L&LG, but siblings continue in L&LG's team program the credit will be applied to your families next year's meet fees account.
- If extra meets are added during the meet season, additional fees may be due prior to participation in the meet.

Additional Expenses:

- **Annual Membership Fee:** Includes Athlete number (est \$57), Administration fee (est \$50) and Equipment fee (est \$43). Equipment fee is used for training equipment requested by team coaches, for the benefit of team athletes.

Uniform:

- Order forms will be given out during the summer with the items and price for your son or daughter's uniforms. As a guideline, Level 2-5 & Xcel competition leo estimate up to \$75, Level 6-10 estimated up to \$350, in addition to estimated \$250 for all other apparel. Boys is estimated up to \$300.
- If you have any questions on sizing please speak with the Treasurer.
- Order forms with payment are due during summer.
- Once the uniforms have been ordered there are no returns or exchanges.
- Prices are subject to change depending on quantity, availability, and turn-around time.
- L&LG keeps uniforms 2-3 years. During this time, if your child out grows their uniform, they may buy used & also sell their uniform. Size availability is limited & prices vary.

Dietitian, Special Coaches, Dance Instructors, Choreographers, Judges, and Sports Psychologist Sessions:

- As an important aspect of training for all levels, regular scheduled meetings or training sessions may be scheduled throughout the year.
- The fees for the sessions will be posted. Gymnasts and/or parents are encouraged to attend.

Additional Fees:

Floor Music (XC& Lv 6-10).....\$50-75

Floor Choreographer (XC & Lv 6-10).....\$225- All choreography and music will be chosen by the coach & athlete. Parents are responsible to schedule with their assigned choreographer outside of practice hours.

Handgrips (L3-10)... prices vary Practice Leotard \$60 (all levels) prices vary

Gym Show leotard/costume...\$40 Travel Camps & Clinics...fees vary

Payment Obligation/Commitment:

- Parents and gymnasts must understand that this commitment, financial and otherwise, will run through the end of the Gym Show.
- If at any time during the season, your child or a parent is asked to leave L&LG team program you are committed to Booster fee & 1 month tuition.
- If at any time during this period a family moves from the area and is unable to continue in the program, your commitment will be cancelled.
- L&LG reserves the right to deal with each family and situation on an individual basis.

Estimated Cost Per Level & Due Dates:

Total cost is estimated because meet fees are an estimated amount which are balance at the end of meet season and also there may be additional cost such as camp, clinic or judges that could cost an additional amount. The estimated cost statement will be given in the summer prior to season.

Calendar & Special Events

□ Calendar comes out at the beginning of the school year.

□ Special Events

*All Team members participate in all 4 nights of our end of the year Gym Show. An estimated \$40 leotard is needed. There is no admission fee for the gymnast participating but there is an admission fee for the families coming to watch the night of the shows.

* Parades- L&LG participates in 3-5 parades each summer/fall. The Millcreek 4th of July parade, Waterford Days parade and the Edinboro Homecoming Parade. Team levels compete with highest % of participation per level for an ice cream party provided for by the owners, Matthew & Heather Kowalczyk. Parents are asked to help walk and pass out flyers and candy.

USA Gymnastics & Lakettes & Lakers Level Overview

The Women's Junior Olympic Program is divided into three major segments; developmental, compulsory, and optional. In order to compete in a sanctioned competition, an athlete must be a registered USA Gymnastics Athlete Member or Introductory Athlete Member (Levels 1-2 & Xcel).

At Lakettes & Lakers our Woman's teams start at level 2 or 3 depending on skill level. Men's teams start at level 4.

Xcel- Excel Gold & Xcel Platinum.

Compulsory - Levels 2-5. Within the compulsory levels all athletes compete the same routines per level. These levels were developed with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills in order to advance safely. The program allows the gymnast to advance at her own pace, competing in more than one level in a year, if she so chooses, or remaining at a level for consecutive years in order to more successfully complete the requirements.

Optional - Levels 6-10 are considered Optional levels, meaning that athletes preform their own individual routines choreography by their coaches to best suit their individual strengths. Skill requirements are set at each level and must be included into their routines. Level 6 & 7 has competitive opportunities up to and including State Championships. Additional competitive opportunities are provided for Levels 8-10, with the Level 10 competitive season culminating at the Jr. Olympic National Championships, Level 9 at the Eastern or Western Championships and Level 8 at the Regional Championships.

TOPS & Future Stars Program-This is a supplemental (extra) training program, focusing on strength & flexibility to help athletes be more successful with competitive gymnastics. TOPs (Talent Opportunity Program), is a talent search and educational program for female

gymnasts ages 7-10 and their coaches. During the months of June and July gymnasts age 7-10 are evaluated on physical abilities at the state or regional level.

From there, athletes are invited to participate in the National TOP / Future Stars testing. If athletes are chosen for the test scores, they are then invited to participate in the National TOP & Future Star Training camps.

Xcel Competitive Team Program

The Xcel Program is designed to offer a broad-based, affordable competitive experience outside the traditional Jr. Olympic Program to attract and retain a diverse group of athletes. These athletes train less hours than the traditional USAG teams. It is a league developed to promote the competitive sport of gymnastics and can be used as a way to compete an athlete at an optional level with level 3-5 skills, or to retain higher level gymnasts who would still like to stay involved with the sport and keep up their skill level while freeing up time for other activities.

Lakettes, athletes may be recommended for this league for several different reasons;

1. Due to limited strength or flexibility the athlete may have trouble scoring well at the compulsory levels.
2. Due to age, (if the athlete is older than the current other athletes training her skill level), the coach may want to move them into a more age appropriate practice.
3. Due to time commitment or financial restrictions, this may be a good choice for athletes desiring to keep costs down and or free up time for other activities.
4. Due to injury, this is a great league for athletes who are returning from a long term injury and cannot be competitive at their current level, to regain competitive confidence before returning to their original level.

Level Advancement & Requirements

- Level 2 & 3 are entry level teams according to USAG. No set score is needed to register to compete at these levels. Determination of athlete participation at these levels will be determined **by coaches** based on the skill level of the athlete and maturity.
- At level 4 & 5, a mobility score must first be achieved by the athlete at the prior level to advance upward. This score is usually set lower than the L&LG standard and does not guarantee the athletes advancement. A **needed & detailed** list of skills and work ethic will be provided by the coach to athletes attempting to advance to the next level.
- Regardless of skill or score accomplishment, it is the coach's final call as to what level each athlete will compete and have the most success. These level determinations will be decided by Aug. 1st.
- Regardless of which level practice an athlete works out for in the summer, they will have the opportunity to advance upward for the next school year session.

We appreciate the support that you are showing to your child, the coaches and staff and to the success of Lakettes & Lakers Gymnastics. At L&LG, we look forward to an exciting, coming competitive season.