

TEAM HANDBOOK

2018-2019



MISSION STATEMENT

*The mission of All American Gymnastics
is to help each individual
become the best they are
capable of becoming.*

*All American Gymnastics
will ensure that each participant
in gymnastics has an
experience that is positive, safe,
mentally and physically healthy,
worthwhile, and FUN.*

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ALL AMERICAN GYMNASTICS CORE VALUES

INTEGRITY:

Honesty, Respect, and Trust

RESPONSIBILITY:

Making healthy and safe choices

DEDICATION:

Disciplined, Loyal, and Accountable

COMMUNICATION:

Listen, share, and be fair with others

COOPERATION:

Teamwork, family, and sportsmanship first

Section 1: Gymnast & Parent Commitments

All American is proud of the success of our team program. This success is due in part to adherence to the rules and policies written in this handbook, which clarifies the expectations of the program for everyone. This includes cooperation not only from the gymnasts and parents, but also from the coaches and management. The entire staff at AAG is expected to follow these rules and policies to work toward the success of the team.

You and your child have been chosen to be members of the All American Gymnastics Team. Going to a meet and representing AAG is a privilege that your child earns through her hard work, dedication, and determination. In order to participate in the upcoming meet season, rules and policies must be followed as outlined in this handbook.

1. Both the gymnast and 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 a practice or meet for negative or disrespectful behavior.
2. Gymnasts are expected to give 100% at every practice. This attitude should be maintained throughout the entire practice. If sickness or injury occurs during practice, the gymnast should inform her coach immediately, and we will call you if she needs 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 if you'd like to discuss anything in particular. If the coach is unable to answer your questions or concerns, the next step is to contact the front office so they can direct you to the appropriate manager.
4. Team parents are as beneficial to the team as the gymnasts. AAG 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 AAG, monthly tuition, team 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.**

Every parent feels his or her child is special. The AAG staff feels this way also. However, please do not ask or expect AAG to ignore or change our rules and policies to meet the needs, desires, and/or schedule of your child. Our policies have been established over many years and were developed to meet the needs of both the program and its participants as a whole.

Section 2: General Policies and Procedures

Practice Rules & Requirements:

- On time & prepared. We understand that situations do come up; just be sure to let your gymnast's coach know if your child will be late or absent.
- Leotard without shorts or skirt (no unitards!). Upper Xcel and Levels 7-10 gymnasts may wear gymnastics shorts on occasion.
- Hair pulled back in a ponytail and out of the gymnast's face. Long hair must be pulled back into a bun or braid.
- No jewelry. Stud earrings are fine.
- No Fitbits or Apple watches.
- Gymnasts with glasses must wear an adjustable strap to keep them from flying off.
- Cellphones **MUST** go in the team coaches office! They should remain there for the entire practice.

Workout Schedule:

- Gymnasts' workout hours are based on their level.
- The workout schedule for the year is based on 47 weeks.
- The following breaks are included in the schedule (subject to change):
 - 1 week July 9-13, 2018 (when OGC is at AAG).
 - 1 week August 6-12, 2018 (between summer and school year schedules).
 - 1 week following your gymnast's last meet of the season.
 - 2 weeks at the end of the season May 19-June 2, 2019.

Attendance:

- The parent or gymnast is required to call, text, or email their head coach if the gymnast will be absent or late.
- Attendance at practice is expected, and absences should be kept to a minimum.
- If the coaches feel that your daughter is missing too many practices, you will be contacted to set up a meeting to discuss the problem.
- **If the coaches feel that gymnast is not ready to safely compete due to absences from practice, the coach has the option of removing her from the meet. There will not be any refunds.**
- **If your daughter misses any practices the week prior to a meet, the gymnast will be scratched from the meet unless otherwise approved by the coach.**
- **Excessive absences following a gymnast's state meet may affect what level she practices for the summer.**

School Commitments:

- Although commitment is an important aspect of this sport, we do realize that a gymnast will miss practice due to school conflicts or other personal reasons. When a gymnast uses her time well at practice and has good attendance, an occasional missed practice is not a problem.
- Please notify your gymnast's coach of the date and reason she will be absent as far in advance as possible. Please keep these absences to a minimum.
- We also understand how important school work is to the development of a child. Please contact the coach if grades are slipping, and accommodations will be made.

Other Extracurricular Activities:

- Level 2-5 & Xcel Bronze-Gold: Gymnasts' participation in outside activities is allowed.
- Levels 7 & Upper Xcel: Outside activities are allowed, but not encouraged.
- Level 8-10: Gymnasts **may not** participate in any outside/extracurricular activities. A full commitment to gymnastics is required in order to safely and effectively train at these levels. This policy is firm; please do not ask for an exception.

Make-Up Policy:

- There are no make-ups at the team level for any practice missed for personal reasons.
- Unforeseen gym closure make-up practices will be scheduled after 2 missed practices. These make-ups most likely will happen after the state meets are completed.
- There will not be make-up practices scheduled if practice is cancelled due to a meet occurring the same weekend as practice or any AAG supported events.
- There may be changes in the schedule at any time to support other programs in the gym and AAG supported events.
- The following holidays will not be made up: 4th of July, Labor Day, Halloween, Thanksgiving Day, Christmas Eve & Day, New Year's Eve & Day, Easter, Mother's Day, and Memorial Day.

- There will be make up practices scheduled for the following Jewish holidays: Rosh Hashana and Yom Kippur. An email with make-up practice dates will be sent out at a later date.

Summer Training & Practice Policy:

- Summer training is a very important component of the competitive gymnast’s overall training.
- During approximately 9 weeks of summer practices, All American increases the workout hours to achieve new skills and to increase strength, flexibility and endurance.
- AAG does not encourage level 8-10 gymnasts to participate in overnight non-gymnastics camps.
- The number of absences per level includes camps, vacations, and sick days. If a gymnast is attending a resident gymnastics camp, this is not counted in her total number of days missed.
- We highly recommend that you use our pre-scheduled weeks off for vacations.
- To be considered to move up a level, the gymnast may not miss more than the number of summer practices listed below.
- If the amount of missed practices is excessive, the situation will need to be discussed.

Allowed Number of Missed Practices by Level

Level 2	4 Practices
Xcel Bronze	4 Practices
Xcel Silver/Gold	4 Practices
Level 3	6 Practices
Upper Xcel	6 Practices
Level 4-10	10 Practices

Gymnastics Camps:

- Gage Camp – This is a mandatory camp for levels 7-10 gymnasts.
<https://www.gagecenterevents.com/dragon-camps>
- Olympia Gymnastics Camp (OGC) – Highly recommended for levels 2-5 and Xcel gymnasts.
<http://ogccamp.wixsite.com/ogccamp>
- If a gymnast is planning to participate in any other gymnastics camps, please discuss it with her coach.

Private Lessons:

- Private lessons are beneficial during times when a gymnast is struggling with a certain skill, needing some one-on-one coaching, wanting to learn a new skill, or perfecting a routine.
- Private lessons can be scheduled only for gymnasts who attend practice on a regular basis, not as a substitution for missing repeatedly. The private lesson will be with one of your level’s coaches only.
- The gym will set the fees for ½-hour and 1-hour lessons. Tuition, team fees, and any other charges must be current in order to schedule private lessons.

Pick-Up/Drop-Off Policy:

- AAG staff is expected to arrive 15 minutes prior to the beginning of practice and stay 15 minutes after practice.
- We understand that circumstances do arise, so please try to call the gym or contact your gymnast’s coach if you find that you will be late. Feel free to leave a message if the phone is not answered.
- If a staff member has to stay with your gymnast past 15 minutes more than once, you will be billed the hourly rate of pay for that staff member for that occurrence.
- If it is at a time while the gym is still open, please let us know if something has come up and that your daughter will need to wait for pick-up. This should not be a regular occurrence.
- At no time are siblings (gymnasts or non-gymnasts) allowed in the gym without a parent during practices.

- Parents and siblings must remain in the viewing area and are not allowed in the gym area during pick up/drop off.

Observation Policies:

- For all levels: Parent viewing is limited to the last week of each month.
- There may be times when your child might need you to be here—please discuss this with her coaches.
- If at any time the viewing causes a distraction for the gymnasts and coaches, the viewers will be asked to leave. If the coaching staff feels that the observation conflicts with the training, it will be limited.
- Parents are not permitted in the workout area and are not permitted to coach their child. If this occurs, you will need to leave the practice. When you return to pick up your child, a meeting will be scheduled with you to discuss this matter.
- 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) during the private lesson.
- Under no circumstances are parents allowed on the floor during regular practice or private lessons.

Section 3: Meet Rules and Policies

General Meet Participation Rules:

- All team members are expected to attend all their level's mandatory meets.
- There is a possibility of meet sessions falling on school days. If this occurs, it does not excuse a gymnast from participation in the meet.
- Suspension and/or expulsion from the team program may result if you choose to have your daughter not participate in a scheduled meet.
- If the coaches feel that a gymnast is not ready to safely compete because of absences, the coach has the option of removing her from the meet.
- If your daughter misses any practices the week prior to a meet, the gymnast may be scratched from the meet unless otherwise approved by her coach.
- We also understand that there may be times when parents cannot attend every meet, so please keep in mind that our meet attendance policy is for the gymnasts only, not the parents.
- It is mandatory for levels 3-10 and Xcel Silver, Gold, and Upper Xcel gymnasts to participate in the State Meet. Please keep in mind that the State Meet usually falls on a spring break weekend. If your gymnast misses her State Meet, she will not be eligible to move up to the next level for the following season.
- For levels 8-10 and Upper Xcel, Regional Championships is mandatory for any gymnast that qualifies at her State Meet. If Level 9-10 gymnast qualifies for Westerns and National Championships, it is mandatory.
- Regional, Western and National entry fees will be billed the week following qualifying for the event.

Day of Meet Rules—Gymnasts & Parents:

- The gymnasts must be able to perform the skills in their routines safely and by themselves in practice in order to compete 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 & AAG.
- Gymnasts are expected to attend all meets for which they are eligible. The gymnast will also be expected to attend the meet with her teammates even if they are not competing (if it is local). We are a team and the girls' support of each other is important.
- There may be times when an emergency occurs, and a gymnast cannot attend a meet.
- Gymnasts are expected to meet their coach at the set time, prepared to compete—properly fed, hair done, wearing the appropriate uniform, and in possession of their gym bag containing the appropriate equipment—grips, wristbands, tape, etc.
- If a gymnast is consistently late for meets, it is up to the coach's discretion to scratch the gymnast.

- Gymnasts become the responsibility of the coaches once their session begins and will return to their parents at the conclusion of the awards ceremony when their coaches dismiss them.
- Please save all communication with the gymnast and the coaches until the meet/awards is concluded.
- If a gymnast is being disruptive during a meet, it could result in the individual gymnast or the team receiving a deduction, or the gymnast being removed from the meet.
- Gymnasts are expected to behave in a positive manner during competition. These expectations will be discussed in detail with the gymnasts beforehand. This includes: (1) Support of teammates, (2) Attitude toward other gymnasts, coaches, and judges at the meet, (3) Behavior during awards and while on the awards stand.
- 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 may not speak to a meet director or judge at any time.
- Parents are representing AAG at meets just as much as the coaches and gymnasts. Please be supportive of each other and the whole team. Negative communication about other gymnasts, coaches, clubs, or judges is not permitted. If this policy is not followed, you will be asked to stop attending meets.

Meet Schedules:

- Time schedules for meets are unfortunately always TENTATIVE and LATE. USA Gymnastics requires the hosting team to provide the meet schedule to gyms participating in the meet at least 10 days in advance.
- Please keep in mind that meet schedules are subject to change.
- We will provide you with the meet schedules, maps, directions, and any information made available to AAG as soon as we receive it.
- If it is within two weeks of the meet date and you have not received the meet schedule, please call our front office. **PLEASE DO NOT CALL OR EMAIL THE HOSTING GYM!**

Away Meets:

- As information regarding away meets becomes available, it will be posted on the team website and sent out through Team Snap.
- Each family is responsible for making their own hotel and travel reservations.
- All activities prior to each competition, such as eating, curfew, recreation, etc., will be regulated by the coaches.
- On occasion, parents may be asked to help with transporting gymnasts to a competition and supervising them while they are there.

Section 4: Health, Safety, and Injuries

Safety:

- By the very nature of the sport, gymnastics carries a risk of physical injury. No matter how careful the gymnasts and coaches are, no matter how many spotters are used, and no matter how many landing surfaces exist, the risk cannot be completely eliminated.
 - AAG continuously works to reduce this risk by educating its staff and ensuring a safe environment for the athletes that train there.
- The risks include minor injuries such as scrapes, bruises, burns, etc., up 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.

Emergency Procedures:

- The safety and welfare of each gymnast is our number one priority.
- AAG will make every effort to contact parents ASAP in the case of an accident. However, the AAG staff will call an ambulance if we feel it is in the best interest of the gymnast.

- It is the parent's responsibility to make sure that we have current phone numbers and emergency contacts at all times.
- Please notify us if there is a temporary change in contact information.

Injury Practice Policy:

- **After seeing a doctor and/or physical therapist, please give a note describing the injury and rehabilitation plans to your daughter's coaches AND the front office (a copy is fine).**
Email: info@aag-stl.com
- Gymnasts are still expected to come to every practice for conditioning and flexibility unless otherwise advised by a physician. We have a variety of conditioning and flexibility exercises for injured gymnasts to do during practice.
- **An injured gymnast will need written permission from her physician in order to return to practice.**
- Communication between the coaches and the doctor(s)/trainer(s) about rehabilitation is required through the parent—not through the gymnast.
- Tuition and fees are due regardless of injury.
- AAG reserves the right to review each situation on an individual basis.

Recommended Physicians, Chiropractors, & Physical Therapists:

Injury Clinic—Staffed by Orthopedic Surgeons:

Wash. University & Barnes-Jewish Orthopedic Center
14532 S. Outer Forty Drive
Chesterfield, MO 63017
(314) 514-1642

No appointments are ever necessary!
Monday–Thursday: 4 p.m.-8 p.m.
Friday: 12-6 p.m.
Saturday: 8 a.m.-12 p.m

Physicians:

Dr. Michael J. Milne, M.D., LLC
Board Certified Orthopedic Surgeon
633 Emerson Rd #100
Creve Coeur, MO 63141
(314) 991-2013

Dr. Martin Boyer, MD, FRCS(C)
Orthopedic Surgery Center
4921 Parkview Place, A, 6
St. Louis, MO 63110
(314) 514-3500

Chiropractors:

Dr. Matt Berman & Dr. Craig Conner (Active Release Technique available)
Berman Chiropractic & Wellness
112 S. Hanley, Ste 130 Clayton, MO 63105
(314) 862-5700 | <http://www.bermanchiropractic.com/>

Physical Therapists:

We recommend any of the Elite Physical Therapy Facilities
<http://www.eliteptstl.com/>

Dietary Recommendations:

- Gymnasts must realize that their eating habits will affect their training, and if they want to be successful, they must learn to eat well.
- Gymnasts will last longer and have more energy when they are eating proper foods that provide fuel for their bodies.
- Gymnasts need meals that are high in protein and good carbohydrates, while low in sugar and fats.
- Skipping meals is never recommended; even if your daughter is not a breakfast eater, try to encourage her to

start her day with some type of energy-filled food.

- We realize that weight is a touchy subject with young girls and can lead to potential problems with eating disorders. Our main concern associated with weight gain is when a gymnast has not increased her strength enough to handle the weight gain.
 - We will be very careful in handling this concern, but we would appreciate some help from home.
- Gymnasts that practice for 3-4 hours have a 10-15 minute break during which they need to have a small snack.
- Since most meets last approximately 4 hours, feel free to send your daughter to competitions with a healthy snack as well.
- While shopping for snacks, try to avoid soda, chips, sugary snacks, and empty calories.
- Do not feed your gymnast fast food before practice.
- Need help creating a balanced diet for your gymnast? Check out <https://www.choosemyplate.gov/>

SUGGESTED SNACKS

Fruits
Vegetables
Dry Cereal
Pretzels
Yogurt
Fruit Bars

Water
Sports Drinks
Granola Bars
Energy Bar
Cheese

DO NOT SEND

Soda
Energy Drinks
Cookies
Chips
Candy
Full Meals

Shakes
Fries
Fried food

Section 5: Communication Methods

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 if you'd like to discuss anything in particular. If the coach is unable to answer your questions or concerns, the next step is to contact the front office so they can direct you to the appropriate manager. Please keep in mind that coaches should only be contacted during business hours.



Team Snap App:

- **This is the primary communication method for team.**
- All team families need to download the Team Snap app on your phone or tablet. You can also access it on your computer at: <https://go.teamsnap.com/login/signin>. Important information & communication pertaining to the team will be posted here, so **please check it often!**
- If you have information pertaining to the team, please feel free to post it on Team Snap Live.

Website:

- AAG's team has its own webpage: www.aag-stl.com/team. No password required!
- Meet Schedules, hotel information, and other important information will be posted here.

Online Parent Portal:

- You can log into the Parent Portal through the link at the top right corner of aag-stl.com. The Parent Portal allows you to update your family's information, make changes to your credit or debit card on file, make payments, view current rules and policies, check your gymnast's skill progress and find schedules and information about other activities at AAG.

Email:

- Every team family needs to have a working email address on file with AAG.
- When trying to communicate with 100+ team members, email is an easy way of doing so!
- Please make sure to keep us updated if your email address changes throughout the year.
- If you are not getting regular emails from AAG, please check to make sure that we have your correct email address on file, and also check your spam/junk folder! Please do not unsubscribe from any AAG emails; you will not get any emails concerning team if you unsubscribe.

Evaluations/Meetings:

- An ongoing dialogue among gymnasts, coaches, and parents, and also between parents and their gymnasts is essential to any successful program.
- Please be sure to notify your daughter's head coach to discuss any outside changes which may affect her training (i.e. medical, family, school).
- A more formal meeting/evaluation will be scheduled at the end of the competitive season and sometimes prior to the competitive season.
- 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 out on the floor with the gymnasts. Feel free to 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 addresses in this handbook.

Section 6: Tuition, Meet Fees and Additional Expenses

Tuition:

- The team program at All American is a 12-month complete gymnastics training and competition program. You can choose to pay in-full or 12 monthly installments.
- Team members are financially responsible for the entire 2018-2019 competitive season per the payment obligations set for each level.
- This year our season will begin on June 1, 2018 and will end May 31, 2019.

Meet Fees:

- **Meet fees are mandatory for competitive gymnasts and non-refundable. These fees are a pass through for All American, they go directly to the gym hosting the meet, coaches travel and coaches pay. The gym does not collect any fees. If additional fees are required, AAG will notify you as needed.**
 - **Meet Entries and Team Entry Fees:**
 - These fees are set by the gym that is hosting the meet and must be sent into the host gym at least 2 months in advance; therefore, you are responsible for this fee regardless of scheduling conflicts or illness (unless prior exceptions have been agreed upon).
 - **Coaches' Expenses:**
 - Coaches' expenses consist of the coaching fees, travel expenses (air, mileage, etc.), meals, and lodging.
 - These expenses are equally divided among the gymnasts of each level that attend the meet.
 - **USA Gymnastics & MO State Registration Fees:**
 - These fees are for Level 3-10 and Xcel and are set by MO-USAG and USAG.
 - MO-USAG Fee is approx. \$25 per gymnast. (this amount is estimated from 17/18)
 - USAG Fee is approx. \$57 per gymnast. (this amount is estimated from 17/18)

Equipment Fee:

- To provide the safest and most beneficial facility possible, AAG is constantly updating and replacing equipment and matting. It is necessary to charge an equipment fee to each team gymnast.

Uniform Fees:

- Uniform sizing will take place at the gym May 21-24 (specific days and times to follow).
- If you have any questions on sizing, please contact Whitney.

- You will be required to pay for uniforms in full the day your gymnast comes in to be sized. If you have not paid before May 24, auto-pay for uniforms will be run on your credit card on file on May 25.
- 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.
- If your daughter discontinues the team program, you will not receive a refund for the uniform unless we are able to resell it.

Misc. Fees:

- You may be required to purchase a variety of different items for your child to use in practice and/or meets. Such as: grips, jump ropes, weights, etc.

Special Coaches, Dance Instructors, Choreographers, Judges, Dietitians, and Sports

Psychologist Sessions:

- As an important aspect of training for all levels, regularly scheduled meetings or training sessions may be scheduled throughout the year for the benefit of the gymnasts.
- The fees for the sessions will be divided by the number of gymnasts per level and billed to each gymnast (similar to coaches' fees).

Estimated Routine Fee for Upper Xcel & Level 7-10:

- Upper Xcel Floor Music & Choreography: \$100-300
- Level 7-10 Floor Music: \$50-70
- Level 7-10 Floor Choreography: \$100-500

Section 7: Payment & Team Commitment

Payment:

- You may choose to pay your tuition in 12 installments or in-full. The pay-in-full option offers a 5% discount if paid by May 1, 2018.
- You may choose to pay the equipment fee & meet fees in-full by June 1 or in 6 installments-July through December.
- If you choose to pay in installments for tuition and team fees, you must have a credit or debit card on file with the gym for auto-pay/auto-billing.
- Auto-pay for tuition will be processed on the 15th of each month (May-April).
 - *If the 15th falls on Friday-Sunday, the payments will be processed on the Thursday before.*
- Auto-pay for meet fees will be processed on the 1st of each month (July -Dec).
 - *If the 1st falls on Friday-Sunday, the payments will be processed on the Thursday before.*
- Your child will not be allowed to participate in practice, meets, or private lessons if your account is delinquent.
- We understand that unexpected financial situations occur, and we are willing to work with families, but we must have communication from the families regarding any payment issues.
- AAG accepts cash, money orders, Visa, Mastercard, Discover and AMEX. *We do not accept checks.*

Xcel Bronze & Level 2 Team Commitment:

- Parents and gymnasts must understand that this commitment, financial and otherwise, will run through the end of the season (June 1, 2018-May 31, 2019), unless the following occur:
 - If at any time during this period a family moves from the area and cannot continue in the program, your commitment will be cancelled.
- If you or your child decides to discontinue team membership, you must give 30-day notice by the 1st of the month of your child's last full month.
- You will be financially responsible to pay tuition during the last 30 days.
- You will be financially responsible for all fees associated with team.
- All American reserves the right to deal with each family and situation on an individual basis.

*** Tuition and fees are due regardless of injury.**

Levels 3-10, Xcel Silver, Gold, & Upper Xcel Team Commitment:

- Parents and gymnasts must understand that this commitment, financial and otherwise, will run through the end of the season (June 1, 2018-May 31, 2019), unless the following occurs:
 - If at any time during this period a family moves from the area and cannot continue in the program, your commitment will be cancelled.
- If you or your child decides to discontinue team membership, you will be responsible for the following:
 - June 1-July 31:
 - 30-day drop notice is required by the 1st of the month of your child's last full month.
 - You will be financially responsible to pay tuition during the last 30 days.
 - You will be financially responsible for all fees associated with team.
 - August 1-May 31:
 - You are committed to pay 100% of your remaining tuition.
 - You will be financially responsible for all fees associated with team.
- If at any time during the 2018-19 season, your child or a parent is asked to leave the All American Gymnastics team program, you are committed to pay 100% of your remaining tuition and 100% of 2018-19 Team Fees.
- All American reserves the right to deal with each family and situation on an individual basis.

*** Tuition and fees are due regardless of injury.**

Section 8: Work Hours, Committees and Fundraising Requirements

During the 2018-2019 season, All American Gymnastics will be working towards creating a 501c3 foundation to ensure that gymnastic opportunities are available to a diverse group of new and existing gymnasts. The foundation will work along with AAG to enrich each gymnasts' individual and team experience and to promote the sport while keeping costs down for AAG families.

2018-2019 Requirements

- **Parent Work Hours**
 - One 3 hour gym cleaning work shift per gymnast will be required to be completed by an adult.
 - You may buy out of the required work shift by paying \$100 per shift.
 - If the work shift is not completed the penalty will be \$150 and it will be billed to your gym account.
- **Committees**
 - We will be looking for 5-6 team parents to serve on the following committees for 2018-2019 season:
 - Uniform Sorting Committee
 - Trivia Night Organizing Committee
 - Additional Fundraising Committee
 - Team Celebration Committee
 - 501c3 Foundation Organizing Committee
 - If serving on a committee you will not be required to complete Parent Work Hours.
- **2018-2019 Level Reps**
 - Level Reps are selected by the head coach to assist with team organization and communication throughout the season.
 - If serving as a Level Rep you will not be required to complete Parent Work Hours.

- **Trivia Night and Additional Fundraising**

- Trivia Night will be a mandatory fundraiser for all team members, that will take place in Sept/Oct.
 - Funds from Trivia Night will directly support Regional, Western and National Competition, as well as establish an equipment upgrade fund.
- Additional fundraising will take place throughout the season, while participation is encouraged it will not be mandatory.

We appreciate the support that you are showing to your child, the coaches and staff, and to the success of All American Gymnastics. We look forward to an exciting upcoming competitive season!

By signing, I agree that my family and gymnast(s) have read and will adhere to the rules and policies written in this handbook, which clarifies the expectations of the team program at All American Gymnastics. I also understand that situations may arise that requires All American Gymnastics to adjust policies at times and I will be given written notice should any changes to this handbook occur.

2018-19 All American Gymnastics Team Information Sheet

Summer Practice Schedule 6/4/18-8/3/18

Level	Monday	Tuesday	Wednesday	Thursday	Friday
Level 2		4:30-7:30		4:30-7:30	
Level 3	4:30-8:30		4:30-8:30	4:30-8:30	
Level 4	12:00-4:00	12:00-4:00	12:00-4:00	12:00-4:00	8:00-12:00
Level 5	12:00-4:00	8:00-12:00	12:00-4:00	8:00-12:00	8:00-12:00
Level 7	8:00-1:00	12:00-4:00	8:00-1:00	12:00-4:00	8:00-12:00
Level 8-10	8:00-1:00	8:00-1:00	8:00-1:00	8:00-1:00	8:00-12:00
Xcel Bronze	6:00-8:00		6:00-8:00		
Xcel Silver/Gold		4:30-8:30		4:30-8:30	*12:00-3:00*
Upper Xcel	12:00-4:00	12:00-4:00		12:00-4:00	*12:00-3:00*

Friday 12:00-3:00 - Extra practice for Xcel Silver/Gold & Upper Xcel gymnasts for an additional cost (\$25 per month). This practice will focus on conditioning, flexibility, and drills for body shaping. A minimum of 5 gymnast needed to run extra practice.

School Year Practice Schedule 8/13/18-5/18/19

Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Level 2		4:30-7:00		4:30-7:00			
Level 3	4:30-7:30		4:30-7:30		4:30-8:30		
Level 4	4:30-8:30		4:30-8:30		4:30-8:30		1:00-5:00
Level 5		4:30-8:30		4:30-8:30		8:00-12:00	1:00-5:00
Level 7	4:30-8:30		4:30-8:30	4:30-8:30	4:30-8:30		1:00-5:00
Level 8-10		4:30-8:30	4:30-8:30	4:30-8:30		8:00-1:00	1:00-5:00
Xcel Bronze	6:00-8:00		6:00-8:00				
Xcel Silver/Gold		4:30-8:30				9:00-1:00	
Upper Xcel		4:30-8:30		4:30-8:30		12:00-4:00	

2018-19 Costs & Payment Dates

	Lv 2	Lv 3	Lv 4/5	Lv 7	Lv 8-10	XC-B	XC-S/G	Upper XC
Year Pre-Pay Tuition	\$2850	\$3534	\$3990	\$4275	\$4332	\$2565	\$3192	\$3705
Monthly Tuition	\$250	\$310	\$350	\$375	\$380	\$225	\$280	\$325
Equipment Fee Full Pay	\$150	\$300	\$400	\$500	\$500	\$150	\$250	\$350
Meet Fee Full Pay	\$325	\$1625	\$1625	\$2125	\$2125	\$325	\$1025	\$1225
^Team Fee Installments^	\$79.17	\$320.83	\$337.50	\$437.50	\$437.50	\$79.17	\$212.50	\$262.50

Year Pre-Pay Tuition must be received by May 1, 2018-includes 5% discount

^Team Fee Installment is Meet & Equipment Fee Combined if not paid in full by June 1 ^

<u>CHARGE</u>	<u>PAYMENT PROCESSING DATES</u>
Year Pre-Pay Tuition	5/1
Monthly Tuition	5/15, 6/14, 7/12, 8/15, 9/13, 10/15, 11/15, 12/13, 1/15, 2/14, 3/14, 4/15
Meet Fee & Equip. Full Pay	6/1
Team Fee Installments	6/28, 8/1, 8/30, 10/1, 11/1, 11/29
Uniform Fee	Due during sizing or 5/25

<u>UNIFORMS</u>
XC-B & Level 2-\$110
Bow/Scrunchie, Tank Leotard, Briefs, Draw String Bag, Shirt
Level 3-10 & XC S/G & Upper Xcel-\$360
Bow/Scrunchie, Tank Leotard, Draw String Bag, Shirt, Briefs, Long Sleeve Leotard, Jacket & Capris

All American Gymnastics Contact List

- AAG's Phone Number: (314)426-2496
- AAG's Email address: info@aag-stl.com
- AAG's Team Website: <http://www.aag-stl.com/team>

Staff Email Addresses

- Emily (Gym Manager): emily.gibson@aag-stl.com
- Dylan (Team Manager): dylan@aag-stl.com
- Whitney (Team Manager): whitney@aag-stl.com

- Barb: barb.bledsoe@aag-stl.com
- Sarah: sarah.hladnick@aag-stl.com
- Tina: tinawest46@gmail.com
- Erin: chenier55@yahoo.com
- Jeremy: jtominia95@gmail.com
- Lily: lidavis55@gmail.com
- Emmi: murphyemmi@gmail.com
- Kenzie: kenziehaag@gmail.com
- Bev: bevyusa@yahoo.com

2018-19 All American Gymnastics Important Dates

5/1/18: Last day to register for 2018-19 team	11/22/18: Thanksgiving – No practice
5/13/18: Mother's Day – No practice	11/23/18: Levels 3,4 &7 practice 8-12pm
5/19/18: Last day of 2017-18 team practice	12/24/18: Levels 3,4&7 practice 8-12pm; Xcel bronze – No practice
5/20/18: 2017-18 Team Celebration	12/25/18: Christmas – No Practice
5/20-6/3/18: No practice. Parent work hours (please sign up online)	12/26/18: Levels 3,4&7-10 practice 1-5pm
5/21-5/24/18: Uniform sizing	12/27/18: Levels 5,8-10, upper xcel practice 1-5pm
6/4/18: 1 st day of the 2018-19 season	12/28/18: Levels 3,4&7 practice 1-5pm
6/15/18: No practice- coaches training	12/31/18: Levels 3,4&7 practice 8-12pm
6/18-6/22/18: GAGE Camp (lv7-10)	1/1/19: New Years Day – No practice
7/4/18: Independence Day – open practice from 8-12pm	4/21/19: Easter – No practice
7/9-7/13/18: OGC Camp (http://ogccamp.wixsite.com/ogccamp) – No practice	5/12/19: Mother's Day – No practice
8/6-8/12/18: No practice. Parent work hours (please sign up online)	5/18/19: Last day of 2018-19 team practice
9/3/18: Labor Day – No practice	5/19/19: Tentative 2018-19 Team Celebration
10/31/18: Halloween – No practice	5/19-6/2/19: No practice
11/21/18: Levels 3,4&7-10 practice 8-12pm	6/3/19: 1 st day of the 2019-20 season

2018-19 All American Gymnastics Meet Schedule *tentative*

(This schedule is tentative and will be updated as soon as the information becomes available.)

Level	Date	Meet Name	Location
3-5, Xcel-S/G & UX	Oct. 12-14 or 19-21	Practice Meet	AAG
3-5 & UX	Nov. 2-4	Flipz Invite	Columbia, MO
2 & Xcel-B	Nov. 10-11 or 17-18	Practice Meet	AAG
Xcel -S/G	Nov. 30-Dec. 2	Barron Invite	St. Louis, MO
3-10, *Xcel-S/G & UX*	Dec. 7-9	Al Fong's Secret Santa Invite	Kansas City, MO
2 & Xcel-B	Dec. 15-16	Holiday Qualifier	Team Central Gymnastics Academy
7-10	Jan. 11-13	Circle of Stars	Indianapolis, IN
3-5, Xcel-S/G & UX	Jan. 12-13	Meet Me in St. Louis	Chesterfield, MO
2 & Xcel-B	Jan. 12-13	Beach Bash Invite	Team Central Gymnastics Academy
3-5, *Xcel-S/G & UX*	Jan. 25-27	Rolling Thunder Invite	Lake Ozark, MO
7-10	Jan. 25-27	Arizona Grand Invite	Phoenix, AZ
3-10, Xcel-S/G & UX	Feb. 1-3	Gateway Challenge	Collinsville, IL
2 & Xcel-B	Feb. 9-10	Snow Globe Championships	Team Central Gymnastics Academy
3-10, Xcel-S/G & UX	Feb. 15-18	Gym Quarters Invite	St.Charles, MO
3-5, Xcel-S/G & UX	Mar. 1-3	St.Louis Classic	St. Louis, MO
7-10	Mar. 1-3	Salto Invite	Milwaukee, WI
7-10 & XC-Platinum	Mar. 15-17	State Championships	St. Louis, MO
3-5	Mar. 22-24	State Championships	Columbia, MO
XC-S/G	Mar. 29-31	State Championships	Kansas City, MO
8-10	Apr. 12-14	Regional Championships	Burlington, IA
Upper Xcel	Apr. 26-28	Regional Championships	Minneapolis, MN
9	April/May-TBA	Level 9 Western Nationals	TBA
10	May-TBA	Level 10 National	TBA

PLEASE NOTE: MEETS LISTED AS *XCEL* ARE ENCOURAGED, BUT ARE OPTIONAL, ADD-ON MEETS FOR XCEL GYMNASTS. IT IS REQUIRED THAT UPPER XCEL PARTICIPATES IN ONE OUT OF TOWN MEET (WE WILL LET YOU KNOW WHICH ONE IN AUGUST), BUT IT IS HIGHLY RECOMMENDED THAT UPPER XCEL PARTICIPATE IN ALL EXTRA MEETS.

Reminder Regarding Meet Participation: All team members are expected to attend all meets unless it is an Xcel add-on meet or the gymnast has a one-time religious event (bat mitzvah, confirmation, first communion, etc.). Please notify your daughter's coaches and Whitney by September 1st if she will miss a meet due to a religious event. *There is a possibility of meet sessions falling on school days. If this occurs, it does not excuse a gymnast from participation in the meet. Suspension and/or expulsion from the team program may result if you choose to have your daughter not participate in a scheduled meet.*

Reminder Regarding Meet Schedules: USA Gymnastics requires the hosting gym to provide the time schedule for a meet at least 10 days prior to the meet. Most schedules are available about 2 weeks prior to the meet. If you have not received an email from us by then, please contact our coaches or office directly. PLEASE DO NOT CALL OR EMAIL THE HOSTING GYM!

2018-19 Team Medical Release & Insurance Information

1. Gymnasts First Name:
2. Gymnasts Last Name:
3. Parents Name:
4. Parents Name:
5. Emergency Contact & Phone Number #1 (this should NOT be a parent):
6. Emergency Contact & Phone Number #2 (this should NOT be a parent):
7. Insurance Company (all participants must have an active medical insurance policy):
8. Insurance Policy Number:
9. Permission for Medical Treatment:
 - a. I certify that the person participating is in good health. I hereby authorize simple first aid and consent to any x-rays, exams and medical or surgical diagnosis which are deemed necessary. In the event of your child needing medical treatment at a hospital following an injury at the gym, you have the option of specifying what hospital you prefer. If we are unable to reach you and/or we find it necessary to have them transported by ambulance, the information below will be used to make determination where to take them. The choices are DePaul, Mercy, Mo Baptist. These are the hospitals that the local paramedics will transport to your child to, but if it is a life-threatening injury they will be transported to DePaul.
10. Does your child have any allergies that AAG should be aware of, including food allergies or asthma?
 - a. Please describe the allergy and treatment plan that should be followed while at AAG.
11. Does your child have permission to take the age/weight appropriate dose of Tylenol or ibuprofen?