

# 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>
<b>XC-B &amp; Level 2-\$110</b>
Bow/Scrunchie, Tank Leotard, Briefs, Draw String Bag, Shirt
<b>Level 3-10 &amp; XC S/G &amp; Upper Xcel-\$360</b>
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](mailto:info@aag-stl.com)
- AAG's Team Website: <http://www.aag-stl.com/team>

- Jeremy: [jtomini95@gmail.com](mailto:jtomini95@gmail.com)
- Lily: [lidavis55@gmail.com](mailto:lidavis55@gmail.com)
- Emmi: [murphyemmi@gmail.com](mailto:murphyemmi@gmail.com)
- Kenzie: [kenziehaag@gmail.com](mailto:kenziehaag@gmail.com)
- Bev: [bevyusa@yahoo.com](mailto:bevyusa@yahoo.com)

### Staff Email Addresses

- Emily (Gym Manager): [emily.gibson@aag-stl.com](mailto:emily.gibson@aag-stl.com)
- Dylan (Team Manager): [dylan@aag-stl.com](mailto:dylan@aag-stl.com)
- Whitney (Team Manager): [whitney@aag-stl.com](mailto:whitney@aag-stl.com)
- Barb: [barb.bledsoe@aag-stl.com](mailto:barb.bledsoe@aag-stl.com)
- Sarah: [sarah.hladnick@aag-stl.com](mailto:sarah.hladnick@aag-stl.com)
- Tina: [tinawest46@gmail.com](mailto:tinawest46@gmail.com)
- Erin: [chenier55@yahoo.com](mailto:chenier55@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 <sup>st</sup> 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 ( <a href="http://ogccamp.wixsite.com/ogccamp">http://ogccamp.wixsite.com/ogccamp</a> ) – 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 <sup>st</sup> 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!