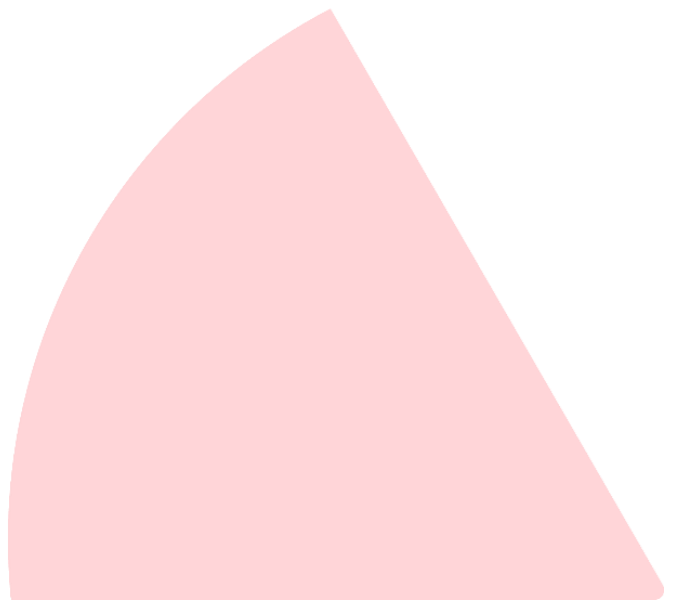
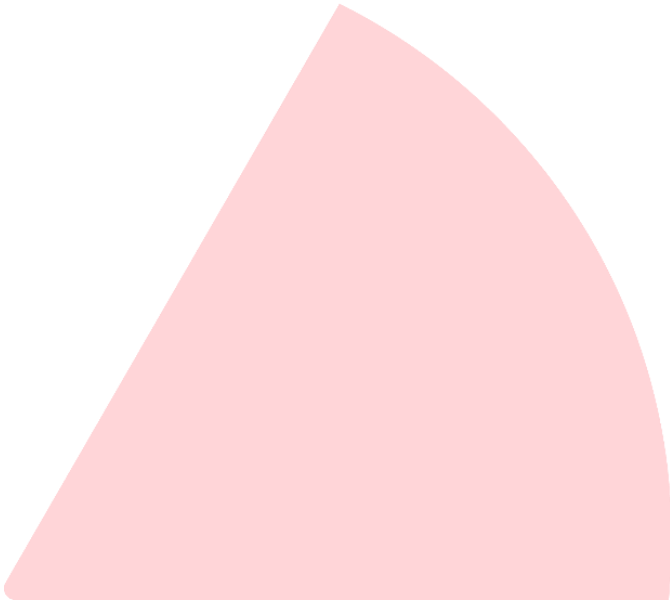




GIRLS TEAM HANDBOOK

We Dare To Endeavor



ABOUT THIS HANDBOOK

It is especially important for our athletes and their families to be aware of and understand the rules and policies which are enforced in this program. We believe that by providing guidelines, we can maintain a positive environment that is rewarding, challenging, and safe. Team members are in turn aware of and responsive to the demands & expectations that are placed on them by their coaches and the gym.

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STRUCTURE OF COMPETITIVE GYMNASTICS

XCEL GIRLS

DIAMOND (LEVEL 8-10)

PLATINUM (LEVEL 6 & 7)

GOLD (LEVEL 4 & 5)

SILVER (LEVEL 3 & 4)

BRONZE (LEVEL 2 & 3)

J.O. GIRLS OPTIONALS

LEVEL 10

LEVEL 9

LEVEL 8

LEVEL 7

LEVEL 6

TEAM WORKOUT HOURS

XCEL

Bronze: 4-6 hours per week

Silver: 7-8 hours per week

Gold: 9-11 hours per week

Platinum: 11-13 hours per week

Diamond: 14-15 hours per week

J.O. Optionals

Level 6: 12-14 hours per week

Level 7: 14-15 hours per week

Level 8: 16-18 hours per week

Level 9: 18-20 hours per week

Level 10: 18-20 hours per week

USA GYMNASTICS

Every team member is required to register under USA Gymnastics. The Athlete Membership is required to compete in meets and it must be renewed every year.

USA Gymnastics Athlete Membership is paid by the parent directly to USA Gymnastics. We (the gym), send you a link through USA Gymnastics where you can pay for the membership.

USA Gymnastics Membership Renewals are due June 1st of each year.

COMMUNICATION

Email is our primary means of communication. Please ensure that the email below does not end up in your spam/junk folders on your email. If you are not receiving the emails, please let Megan or Ryan know.

Team Email

Team@EndeavorGymnastics.com

COMPETITION PAGE

This page will include all the necessary team information throughout the entire year. This page will serve as a backup to any emails that are sent out to parents. A link to the competition page will be emailed out to all the team parents by August 1st.

TEAM FUNDRAISER

We do a team fundraiser through **SNAP-RAISE** once a year to help with competition related fees. We do expect everyone to participate in the fundraiser as the funds go directly to your athlete. The fundraiser lasts one month and we will start the fundraiser, August 1.

GYM POLICIES & NEED TO KNOWS FOR TEAM

DRESS CODE

The dress code for all workouts is based on the dress code for competitions. Gymnasts can and do receive deductions (not performance related) in gymnastics for improper appearance. We believe that the behavior and attire of the team is a positive reflection on the athlete and the program.

- Leotard, may be sleeveless
- Hair pulled back
- No leotards with shorts
- No T-Shirts
- No jewelry except stud earrings
- No shorts (exceptions apply)

ABSENCE POLICY

We are open minded and understanding concerning absences. When a gymnast is going to be late, absent or leaving early from practice, it is the responsibility of the parent to notify us by phone or email beforehand.

MAKE-UP POLICY

No make-ups will be given to team. Endeavor Gymnastics reserves the right to determine if and when make-ups are offered.

USE OF IMAGES POLICY

All parents are required to agree to the policy in order to be on team as we do post videos, pictures, etc on our social media platforms (Facebook & Instagram) and the gym's website.

SOCIAL MEDIA POLICY

Under no exceptions, athletes are not allowed to follow or have any contact with any coach/staff member via ANY private social media account. Under no exceptions will any coach/staff be allowed to hang out with any athlete outside the gym unless the event is organized and/or hosted by the gym.

BULLYING POLICY

We have a **ZERO TOLERANCE** policy regarding bullying. If an athlete is found to have participated in bullying, they will be kicked off team AND out of the gym. No refunds will be given.

INJURY POLICY/CONCUSSION PROTOCOLS

If an athlete becomes injured, clearance from a medically licensed physician is required in order to return to full participation practices. If limited participation is granted by the physician, the athlete should attend practice as directed and with consideration given to the injury. We attached the link to the USAG concussion protocol packet: https://usagym.org/PDFs/About%20USA%20Gymnastics/wellness/concussion_overview.pdf

TEAM TUITION POLICY

Team membership is a year-round commitment by the athletes, parents, and coaches. As long as an athlete is a member, tuition is payable and there must be a credit card on file. **TEAM MEMBERS ARE REQUIRED TO BE ON AUTOPAY. TUITION WILL BE PAID IN FULL**, even during vacations and time off.

CHARTER SCHOOL FUNDS

Charter school payments are only accepted for tuition, but tuition on your account must always be at zero balance. Charter school funds cannot be used towards competition related fees.

PRO-SHOP ACCOUNTS

Athletes may keep a pre-paid credit on their accounts for pro-shop snacks/beverages. Can be paid with cash or with credit card. Most parents place \$10-\$20 on their accounts. These accounts can only be used by your athlete (i.e. they have to tell the front office, not their teammates).

FLOOR ROUTINE MUSIC & CHOREOGRAPHY:

For XCEL Golds, Platinums, Diamonds and J.O. Optionals Only

Floor routine music will need to be finalized by the first week in October. All payments will be made to the coach teaching the choreography in the form of cash or check only. **Payment for Choreography and/or music, is due on the day your athlete learns their routines.**

\$200 without Cut Music	\$225 with Cut Music
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PARENT CONDUCT DURING PRACTICE

All parents are expected to be supportive in their child's progress. Everyone progresses at different rates at every level. Any concerns, problems, or issues that arise during workouts are expected to be discussed with the team coaches. Please note, no changes can or will be implemented without being notified of any issue or concern that arises.

ATHLETE CONDUCT DURING PRACTICE

- Athletes must make scheduled workouts.
- Gymnast's homework needs to be completed on their own time.
- No food, drink (other than water), or chewing gum allowed in the gym area. Food should be placed in their designated lockers. Water bottles can be placed in their lockers or water bins.

- Lockers are a privilege and can be taken away. We expect all athletes to keep their lockers clean and locked.
- No Cell phone use during breaks. This time is used solely to rehydrate and refuel.
- No junk food, candy, ice cream, or soda during break.
- All workout requirements should be completed to the best of the athlete's ability. If not, the athlete may be sent home.
- Athletes must ask for permission before leaving their workout group.
- Water and bathroom breaks will **NEVER** be denied.
- No gymnast may leave early from practice unless prior notification was given.
- While gymnasts are at practice, they cannot leave the building. The only time a gymnast can leave the gym is with prior communication from the parent.

COMPETITIONS

Competition is an important part of the team experience. The staff at Endeavor Gymnastics stresses not only the individual nature of the sport, but the team effort and unity. Competitions will be held at the local, state, & regional levels.

Athletes and parents are expected to represent the program and gym in a favorable light including at competitions or while wearing Endeavor Gymnastics attire. If there is a problem at the competition, parents are reminded to defer to the coaches in addressing any problems that may arise.

EVENT & LEVEL REQUIREMENTS

The Head Coach will determine the level in which your athlete competes. This is non-negotiable as the coaches are responsible for the safety and well-being of your athletes when they compete.

All athletes are expected to perform the required skills for the level that they are trying to compete. If the gymnast cannot perform these skills for an event, they will not be allowed to compete that event. It is up to the coaches to determine if the gymnast is capable of performing these skills.

COMPETITION ATTENDANCE

If you do not plan on attending a competition, you are required to send written notice to girlsteam@endeavorgymnastics.com before the entry fees charge date. Please note, once you inform us you will not be attending a competition, it cannot change. If you show up on the day you were originally going to compete, you will be sent home.

COMPETITION SCHEDULES

The gym's competition schedule will be emailed out in September. The meet schedule is tentative and is subject to change. The gym does not receive the specific day/time of the meet sessions until 1-4 weeks prior to the meet. Once we receive the individual session times for a specific meet, the schedule will be emailed out to the parents. Gymnasts are only required to participate in their individual session time and are required to stay through awards.

OUT OF STATE COMPETITIONS (SILVER-SAPPHIRE/OPTIONALS)

Xcel Bronze will not attend any competitions out of state. These meets are reserved for the higher levels.

IN HOUSE MEET

This meet is required for all girls team athletes. This meet is a great introduction to competitive gymnastics before season starts in January. This meet will be in November or December 2023.

COMPETITION PROTOCOL

Gymnastics is a sport where the behavior of all the participants, including spectators, has been governed by USAG rules and policies. These rules and policies are enforced by performance deductions, if necessary. The following are some of the guidelines for behavior:

ATHLETES

- Always present themselves in the best possible light. Appearance and proper conduct is always important in our sport and reflects positively on our program.
- Must be dressed appropriately upon arrival. Athletes should wear their warmups. No platform shoes or heels may be worn. We highly recommend wearing flip flops/ sandals to competitions.
- Always arrive 30 minutes prior to designated warm up time for competitions, and ready to start when the coach instructs them. Late arrivals to a competition may cause the athlete to be scratched from the competition.
- Respect all facilities, equipment, and professionals within the competition arena.
- Must stay for their entire competition (this includes all of the awards) until they are released by their coaches.
- Always support each and every team member. Remember, we are a team first.
- Be Positive!
- Never leave the competition arena during competition, not even to see Mom and Dad!
- Athletes must have adult supervision or use the buddy system when using the restrooms at competitions.
- All team gymnasts need the following items in their gym bags:
 - 2 rolls of athletic tape
 - 1 Thera-band
 - 1 pair of socks
 - 1 pair of wristbands
 - Gymnasts training round-off entry vaults need to have wrist guards
 - XCEL Golds, Platinums, Diamonds & J.O. Optionals = Minimum 1 pair of grips
 - 2 pairs recommended
- Xcel Gold-Xcel Diamond & J.O. Optional level gymnasts must have their music on their phone/i-pod/mp3 in their bag for every competition.

PARENTS

- Never assume that you totally understand a sport where professionals within the sport have a difficult time staying up-to-date with rules and changes.
- If upset with the scores, please be aware that we (the gym/coaches) have the ability to appeal a score. Please note, even with appealing the score, this does not guarantee the score will change. We will only appeal scores at State and Regionals.
- Never approach a meet official, including coaches, during the competition.
 - We are responsible for the safety and well-being of your athlete at a competition.
- Always be enthusiastic in their support of the team and all the team members.
- Never be negative toward your gymnast performance either at a meet or after practice.
- Support is a MUST!
- Let the coach's deal with performance issues.

AFTER SEASON

If you plan on taking a break or withdrawing from team following the end of the competitive season, you are required to have a zero balance on your account prior to leaving. There are no exceptions. Notice of withdrawal will only be accepted through email. If an athlete decides to withdraw after competition fees have been processed, no refunds will be given.

COMPETITION FEES & PAYMENTS

(Subject to Change)

Our Goal is to spread out the various competition fees so that you're not bombarded with additional costs all at once. In order to accomplish this, there will be a schedule for the various fees. All scheduled fees will be emailed to you after they have been posted to your account. At this time, please review your account through the customer portal.

- All Competition Fees will be given a due date. Your card will be charged on the due date (unless prior written notice was given)
- All In-State Meets will be Required. Out of State Meets will be Optional.
- If you do not plan on attending the out of state competitions, you must email team@endeavorgymnastics.com before the fees due date. Verbal cancellations for meets will not be accepted.
- If payment is not received for competitions, your child will NOT attend that meet.
- Once the gym has paid for the meet, no refunds will be granted. Meets are very strict about not allowing refunds. No parent should ever contact the meet host or host gym about refunds.
- The equipment fee is an annual fee for each team family (not each individual). If you have two children on team, you will only pay a \$100 equipment fee for that season.

- Coach's fees will be charged for each gymnast that is scheduled to attend the meet. Coach's fees will be posted on the Monday following the meet. An email will be sent out with the specified amount and it's due date.
- Please note, each meet does charge an entry fee for spectators. Cost varies depending on the meet. For some meets, it is cash only.

Approximate Competition Costs	
Please note, these prices are estimates and subject to change. They do not include other costs such as shipping, tax, etc.	
USA Gymnastics Membership Fee This fee is paid directly to USAG by the Parents	\$63 per athlete (\$25 for brand new athletes)
Competition Leotard (Bronze & Silver)	\$270-\$280
Competition Leotard (Gold – Diamond)	\$380
Competition Leotard (Optionals; Level 6-10)	\$415
Competition Warm Up Jacket	\$100-\$115
Competition Capris	\$35
Competition Backpack	\$54-\$60
Socal Women's Gymnastics Association Reg Fee	\$32
Meet Entry Fees	\$110-\$150 per athlete (varies from meet to meet)
Coach's Fees	\$40-\$130 per athlete (varies from meet to meet)
Equipment fee	\$100 per Team Family per season
In-House Meet	\$30-\$50 per child
Team Pictures	\$55-\$65 per athlete
Team Banquet	TBD
Floor Routine Music & Choreography (XCEL Gold-Diamond & Optionals Only)	\$200 w/o cut music OR \$225 w/cut music

PARENT/ATHLETE AGREEMENT

2024 Season

I (we) have read and agree to follow the rules and policies of the Endeavor Gymnastics Team Handbook. I (we) also understand that the handbook is subject to revision and updates as deemed necessary by Endeavor Gymnastics.

(Please turn signed form into the office by May 15th)

Parent/Guardian 1 (Print): _____

Parent/Guardian 1 (Sign): _____

Parent/Guardian 2 (Print): _____

Parent/Guardian 2 (Sign): _____

Athlete (Print): _____

Athlete (Sign): _____

Date: _____