

Part One:

Welcome to: Michigan Elite Gymnastics Academy Girls Team Program Boys Team Program Xcel Team Program

Introduction

We thank you for your interest in Michigan Elite Gymnastics Academy. The journey you are about to embark on will be unique and special for you and your child. Through the journey, you will experience tears of joy and sadness; you will experience accomplishments of dreams, hopes, and goals. Along the way there will be disappointments and obstacles, but in the end, opportunities and new beginnings.

This undertaking will give your child a stage on which to develop confidence, poise, self-worth, discipline and individuality, appreciation for dedicated effort, self-respect and respect for others. Your child will mature among individuals and circumstances that will demand effort and good judgment. Relationships will be formed with other young athletes who demand the best from themselves and expect the best in others.

“In all you do, give it all you have”

Mission Statement

Our mission at Michigan Elite Gymnastics Academy is *to provide quality safe instruction of physical fitness, to provide an environment which will enable children to set goals, explore new challenges, discover their innate worth.....and to inspire greatness in others.*

Our team mission is *to train each individual to their fullest potential with the utmost concern and care for each child’s physical safety and mental well-being, while preparing for state, regional, national, and international competition.*

The values to which we aspire to:

- Trust, integrity, honesty
- Teamwork
- Open Communication
- Opportunity for growth
- Respect and Dignity

In order to accomplish our mission, we believe the following to be true:

Everyone must realize that extreme hard work, sacrifice, and fun are required for long term success and participation.

Everyone must realize how extremely demanding and ultimately rewarding being involved in competitive gymnastics can be.

The gymnast is the one who has chosen competitive gymnastics because of their desire and love for performing gymnastics and the desire to perform to the best of their ability.....for themselves.

The gymnast takes responsibility for their success in the sport of gymnastics by focusing on the quality of their performance, dedication to a strong mind and physical well being to ensure successful achievement of goals.

The parent must seek to understand the decisions and actions of the coaches and communicate with coaches when they have questions or concerns.

The parent must support the program in its entirety and will only surround themselves with other supporters of the program, and will discourage negative talk, and encourage positive comments.

The parent needs to be knowledgeable and disciplined about the proper parenting of a competitive athlete.

The parent must support the gymnast with encouraging, loving words, and not criticize any performance.

The coach must be committed to continuous technical training and self-improvement.

The coach cares deeply about their gymnasts, and has the athlete's best interest at heart.

Building Healthy Gymnasts

Gymnastics, when taught properly, can be the vehicle with which to deliver life long knowledge of physical fitness. Gymnastics has been shown to increase reading and math skill development when introduced at a young age. Gymnastics also teaches self-motivation, self-discipline, dedication, work ethic, time management, team work, team spirit, leadership, respect, poise and grace. Gymnastics provides a strong foundation of development into adulthood.

Developing a Strong Mind and Body

At Michigan Elite Gymnastics Academy, developing a strong mind and body are essential to achieving goals in the sport of gymnastics. We will work hard with your gymnast to instill a healthy, positive attitude. Personal and team goal setting, belief, discipline, perseverance, turning failure into success, and mental and physical conditioning, will be emphasized to develop mental soundness and physical preparation for gymnastics and life.

We believe that gymnastics is a tool to help kids grow into happy, healthy, and responsible adults. We believe that through gymnastics training, gymnasts learn more than just gymnastics skills. “The true love of learning” is a basic component to a happy, healthy, responsible individual. The best way to foster a love of learning is to help associate learning and challenge with purpose and fun.

Gymnastics Safety

As with any sport, there is always a risk of injury. We must all be aware of the potential for injury in the sport of gymnastics. Speed, motion, height, flipping, and the difficulty of skills put gymnasts in potentially life threatening situations on a daily basis.

State of the art equipment, training devices, and qualified instructors at Michigan Elite Gymnastics Academy are provided to achieve and maintain a safe environment for the athletes, and to reduce the risk for injury. Although all the necessary precautions are taken, the risk for potentially dangerous and catastrophic injury is still possible.

Part Two: Introduction to Gymnastics

USA Gymnastics is the sole national governing body for the sport of gymnastics in the United States. It gets its designation from the International Olympic Committee (IOC) and the International Gymnastics Federation (FIG). The International Federation of Gymnastics establishes the rules on eligibility that each country with a national gymnastics federation must follow.

Gymnastics competitions for girls involve the performance on four apparatuses called “events”. They include the vault, bars, beam, and floor exercise. Boys perform on six events, which include vault, high bar, pommel horse, rings, parallel bars and floor exercise.

USAG Levels

USA Gymnastics encompasses the Elite, Junior Olympic, and Xcel Competitive team programs. For girls, Levels 1-2 are preparatory levels in the Junior Olympic program, while sanctioned competition begins at level 3 and ends at level 10. The Elite program includes Future Stars (boys), TOPs (girls), and International Elite. The Xcel program includes five levels: Bronze (preparatory in house competitions), Silver, Gold, Platinum and Diamond.

Elite: International Elite is the top level in gymnastics. Less than one percent of all gymnasts compete at this level. Gymnasts at this level are chosen to compete in international competitions as well as the Olympics.

Hopes, TOPs (girls) and Future Stars (boys) are levels which aid in the development of a gymnast trying to reach the International Elite level.

Level 10: This is the highest optional level in the Junior Olympic program. Competition takes place at the state, regional and national level. The top 4 gymnasts (girls) in each age division at the Junior Olympic Nationals are named to the Junior Olympic National Team.

Level 9: This is an optional level that hosts competitions at the state, regional, and national level. National competition is divided into Eastern and Western Nationals for girls. There is one National competition for boys.

Level 8: This is an intermediate optional level in the Junior Olympic program. There are restrictions as to what the gymnast can perform at this level. Competitions are at the state and regional level.

Level 6/7: These are beginner optional levels. Optional choreography is allowed for girls, but must include specific elements in the exercise. These are compulsory levels for boys.

Level 4/5: These are compulsory levels for boys and girls. All gymnasts perform the exact same routines. Routines are composed of basic elements essential to creating a solid foundation for optional gymnastics.

Level 3: This is a beginner compulsory level for girls. All gymnasts perform the exact same routine. Routines are composed of basic elements essential to creating a solid foundation for gymnastics.

Level 2-1: These are developmental levels, which prepare the gymnast for the compulsory levels. Girls will usually compete in fun meets, which are generally non-sanctioned meets. Level 2's may compete at sanctioned meets, which requires a USAG membership card. Level 4 is a sanctioned level for boys..

Xcel: The Xcel level consists of five levels: Bronze, Silver, Gold, Platinum and Diamond. Routines have special requirements, but can include individuality to emphasize the gymnast's strengths. The Bronze level is not a competitive level, but a preparatory level in Xcel. A gymnast must be 7 years old to compete in the Xcel program.

Competitions

Qualifying scores: Depending on the level of the gymnast, a designated qualifying score is necessary to advance to the state championships. Two scores are needed at level 4. A qualifying score or a specific placement is used to advance to a regional or national competition at levels 8, 9, and 10.

State Championships: are required for levels 4-10 (boys) and 6-10 (Girls). Each state has the option of hosting a state meet at levels 3 and 4 (Girls) and Xcel.

Regional Championships (Girls): are offered for levels 8-10. There are eight regions in the United States for women's gymnastics. Michigan is a part of region V, which also includes Illinois, Indiana, Kentucky, and Ohio.

Regional Championships (Boys): are offered for levels 6-10.

National Championships (Boys): There is a National Championships offered for level 9 & 10 through USA Gymnastics. The gymnast must obtain the qualifying score at the regional competition.

National Championships (Girls): Level 9 national championships are divided into a Western Championships and an Eastern Championships. Regions 1-4 compete in Western Nationals while regions 5-8 compete in the Eastern Nationals.

There is a National Championships offered for level 10 and Elite through USA Gymnastics. Each national meet has a specific qualifying process. The current qualifying process for level 10 is determined at the regional competition. The top 7 gymnasts from each age division qualify to the National Championship. The 8th qualifying gymnast becomes the alternate.

At the Elite level, a specified number of gymnasts from the USA Championships will make up the Junior and Senior National teams.

Invitational Meets: are meets hosted by individual clubs and generally offer individual and team competition. The meets are sanctioned by USA Gymnastics and must follow the rules and policies determined by USA Gymnastics. Invitational meets can serve as qualifying meets, usually at the optional level.

Fun Meets (Girls only): are non-sanctioned meets hosted by individual clubs. Levels 1, 2, 3 and Pre-4 are invited to participate in fun meets. It is at the discretion of each individual club whether to participate in fun meets.

**Level
Advancement**

There always seems to be discontent, confusion and in some cases mistrust in the area of level advancement. Most of the problems result from the lack of understanding and communication, but some of the problems occur from the little league parent syndrome (i.e.: parents dealing with personal ego issues). Granted it is helpful to know the parents goals and aspirations for their children as it is helpful getting the parents views on what the goals of the child actually are. The bottom line is however, that we have to maintain the integrity of the program, its policies and procedures. Being the gymnastics professionals, it is our duty to protect what we feel is in

the best short and long term interest of the gymnast's development and our program.

USA Gymnastics sets a minimum score at each level that a gymnast must achieve to advance to the next level. The scores designated by USA Gymnastics are minimum scores to use as a guideline.

Since gymnastics is one of the most complicated sports in the whole world, we cannot skip any phases of skill development. Many of these skills require advanced strength and flexibility, not to mention strong spatial awareness. These qualities take a long time to prepare, especially on male athletes whose natural physiological growth will peak in their mid to late 20's.

Guidelines that will be used at Michigan Elite Gymnastics Academy are as follows:

- Proficiency of skills at the next level.
- Physically readiness for next level.
- Mental and emotional readiness for the next level.
- **Attaining the following mobility scores:**

GIRLS JO TEAM PROGRAM:

Level 3 to 4: 36.00

Level 4 to 5: 36.50

Level 5 to 6: 35.50

EACH SCORE MUST BE ACHIEVED TWICE.

- Three season exception: This means that if a gymnast has competed in three consecutive seasons at the same level and has not achieved the mobility score but has the next level skills, they will then be considered for the next level. There are two competitive seasons (for compulsory gymnasts only) within a 12-month period. The first season runs from August thru November. The second season runs from December through the state meet (usually May).

Each child will progress at their own speed. Gymnasts will be evaluated on an individual basis. We will place gymnasts at a level that is appropriate for them.

**Training for
Gymnastics**

The objective of any sport is to make the difficult task look as easy as possible. Mastery of a sport takes time and commitment. In gymnastics, four fundamental areas of development are addressed: 1) strength, 2) flexibility, 3) skill development and 4) mental training.

Strength

In the sport of gymnastics, it is crucial that appropriate strength levels are attained for the skill level of the gymnast. The higher the skill level, the stronger the gymnast needs to be. General and sport specific strength training regimens are incorporated into the gymnasts training to develop strong gymnasts and reduce the risk for injury. Strength and conditioning phases are incorporated to

ensure that gymnasts peak at the best time possible. The phases consist of :

- Pre-competitive build up phase: general conditioning which prepares the body for maximal strength training
- Max-strength phase: designed to increase the strength and power of the gymnast
- Sport Specific or conversion phase: conditioning is specific to the sport and individual gymnast. This phase also includes the development of speed.
- Maintenance phase: used during the competitive season to maintain desired strength levels

Flexibility

The flexibility of the gymnast is important as it allows the gymnast to perform the necessary skills in the sport of gymnastics. Superior flexibility adds to the aesthetic appeal of the performance and aids in the reduction of serious injuries.

A warm up period and a specific flexibility program are incorporated into everyday training. The warm up is crucial for the gymnast as it prepares the body for the workout the gymnast is about to endure. It is important that the gymnast not miss the warm up, as rushing through a warm up can lead to unnecessary injury.

Specific flexibility training usually occurs toward the end of a practice session, as the body is warm and tired. This allows for a more thorough stretching and improvement to be achieved.

Skill development

Skill development includes the learning of basic core skills and the development of higher-level skills. As with any sport, fundamentals are a key to a higher level of success. Rushing the basics can lead to inconsistent higher skill development, poor performance, and in the long term, will lead to frustration and non-mastery of the skill. Drills and progressions are an integral part of this program, and we will not sacrifice this for pre-mature development of higher-level skills. Patience is the key to success in the area of skill development!

“Patience is also a form of action”.....Auguste Rodin

Mental training

Everyone has heard that sports can be more mental than physical. This certainly holds true in the sport of gymnastics. Gymnastics is a team sport as well as an individual sport. Gymnasts progress at different speeds throughout the process. Friends moving up, injuries, illnesses, internal and external pressures can lead a gymnast's mental state to one of self-doubt, worrying, frustration, fear, anxiety, etc. Mental training is a key ingredient in the sport of gymnastics. Gymnasts learn how to have a tight mind; pushing out negative thoughts and fears, and replacing them with positive self talk and reinforcement. Mental training is incorporated both informally and formally into the gymnasts training. Mental training techniques developed by Allison Arnold, PhD., sports psychologist for USA Gymnastics and the women's national team, are utilized to

develop a strong mental mind. Topics on vision, mission, belief, discipline, the present, goal setting, nutrition, and mental choreography are discussed and used on a daily basis to improve self-confidence and performance.

Part Three: Rules and Policies

Respect

Respect is one of the values we aspire to at Michigan Elite Gymnastics Academy. Respect can be described as a behavior that displays honor, esteem, consideration and appreciation. Respect should be given to one's self and to others. There will be no toleration for a lack of respect in this program. Once respect is a part of one's attitude, caring and responsibility will follow.

Gymnast Responsibility

The following actions are expected from all team members of Michigan Elite Gymnastics Academy:

1. Attend all practices, competitions, and special events.
2. **Call the gym** to alert the coaches if you will be absent.
3. Be prompt for practice, as the warm up is an important part of the workout!
4. Wear the appropriate attire: leotards are expected, hair pulled back nicely, no jewelry. Gymnasts may wear sweat pants and shirts during the warm up.
5. Visible body art (tattoos, etc) are not permitted.
6. No unsupervised playtime. No horseplay in the pits. Head first directional landings are forbidden and may cause catastrophic injury. If you arrive early, please wait patiently for your practice to begin. Pre-warm up exercises can be accomplished at this time.
7. **Do socialize** before practice begins. If you arrive early, take this time to build relationships with teammates.
8. Ask permission to leave the gym. This applies to leaving practice early, getting a drink, going to the restroom, or calling home. This way, the coaches will know where the gymnasts are at all times.
9. Please let the coaches know in writing (in advance if possible) of late arrivals, early dismissals, or scheduled appointments that may interfere with practice times. Please try to schedule appointments during off days. Thanks!
10. Always conduct yourself in a respectful way. ***“Treat others as you want to be treated.”***
11. Always report injuries and illness to the coach. As an athlete, you will soon understand the difference between soreness and pain. Soreness is a part of the sport, and should not limit you from practice. Pain is telling you that you need to slow down and take care of yourself.

12. All injured athletes are expected to attend practices. It is important to maintain strength, flexibility, mental well-being, and spirit while injured. Appropriate schedules will be worked out with the coach if necessary.
13. Eat right, and sleep well.
14. Work hard at practice. Stay focused on the task at hand. When you enter the gym, leave other worries at the door. Distractions can be a leading cause of injury.
15. Wait inside the building for your ride. Under no circumstances should the gymnast wait outside of the building for their ride. Do not leave with strangers, or anyone your parents have not given you permission to ride home with.
16. NO CELL PHONES during practice.

Competitions

Remember, you are representing yourself and Michigan Elite Gymnastics Academy. The following actions are expected for competitions:

1. All competitive gymnasts are required to have a USAG number. Gymnasts must have this number with them at all sanctioned meets. Athletes must renew this number each year, usually in July or August.
2. Participate in all scheduled competitions (you must be present at all practices one week prior to a competition unless previously discussed with the coaching staff). We are a competitive team and progress is shown on the competition floor. While winning is not everything, we strive to be the best. In order to be the best, one must practice with 100% desire and commitment, stay focused, overcome obstacles, pick yourself up when you are down, turn failure into success, handle pressure, and look for opportunities for improvement.
3. Conduct yourself in an acceptable manner. It is expected that all gymnasts show respect to parents, coaches, other gymnasts, teammates and judges.
4. Remain with your coach and on the competitive floor at all competitions. Your coach will dismiss you to your parents at the conclusion of the meet.
5. Be prepared! Your gym bag should include everything you need for competition: 2 pairs of grips, extra floor music, at least one roll of tape, nutritional and energizing snacks, and a water bottle (Gatorade or Propel is acceptable). No Candy or Soda!
6. Wear either the team warm up leotard or the competitive leotard, depending on the meet format. Dress in the team warm up, and have hair pulled back in a neat and professional manner. A ponytail is not acceptable if the hair can touch the face. If a gymnast's hair is too long, a bun may be the only acceptable way to wear the hair.

7. Dress in the team warm up for awards. Zip up the jacket and look presentable.
8. Cheer on your teammates, as well as other great performances at the competition. We can all learn from others great performances.

Parent Responsibility

Parents play a significant role in the development of a successful gymnast. We understand that a parent's time and commitment are an integral part of the equation for success, and at times can be very difficult. We thank you for your dedication and commitment to your child and the sport of gymnastics. **Parents can help facilitate their child's success by:**

1. Being supportive and giving unconditional love. Applaud effort and do not criticize for poor performance, or what you may think is a poor performance. Gymnasts create their own stresses and want to please the people around them. Please do not make their job more difficult by adding unnecessary stress.
2. Making every effort to have your child at practice on time. The warm up is the most important part of the workout as it prepares the gymnast for the rest of the practice.
3. Making sure your gymnast eats well, and sleeps well. A well-rested gymnast will have a more productive workout.
4. Addressing concerns you may have with the appropriate coach. Your concerns are important to us. If we do not know there is a concern, we cannot work towards a solution. Discussing concerns with other parents will not solve the problem, and usually exacerbates the situation.
5. Please refrain from coaching your child. It will eventually interfere with the development of the coach/athlete relationship, which is critical for long-term success.
6. Please do not enter the gym area. Parents who venture out onto the floor create a danger for themselves and others. Parents are not aware of the traffic patterns and may interfere with a gymnast's performance. **Safety is of utmost importance.**
7. Please make sure to notify the coaches of any absences.

Parent Viewing

We understand that parents like to watch their children at practice. However, too much viewing can be very distracting to the gymnast and hinder progress, or even cause injury. Children want to please their parents and have a tendency to lose focus when a parent observes for an extended period of time. Please respect our rules and follow these guidelines. We have your child's best interest in mind!

1. Limit your viewing time to one hour or less.
2. No more than two viewings a month.

3. Do not encourage eye contact with your child.
4. Do not attempt to wave or coach your child.
5. Vary the days and times that you view practice.
6. Never view the entire practice.
7. Please arrive no more than 15 minutes before the end of practice, unless this is one of your viewing days.

We reserve the right to limit or eliminate parent viewing privileges should the viewing process become excessive, a time for negative talk, or disruptive to the gymnasts. Please feel welcome to bring family friends or relatives to view practice, but please be dutiful of the guidelines.

Competitions

Parents, as well as the gymnasts and coaches are a part of the Michigan Elite Gymnastics family. We encourage all parents and friends to attend as many competitions as possible, including sessions your gymnast may not be in. Supporting the program is integral to the success of our program. Please observe the following guidelines at competitions:

1. Have your child to the meet early (at least 15 minutes before check in). Being late adds stress to the gymnast and can interfere with the mental and physical performance at the competition.
2. Cheer loud and often, in a courteous manner. Cheer for all Michigan Elite gymnasts, as well as other great performances you may see. Let's support all gymnasts and the sport of gymnastics.
3. Please do not contact or talk to your gymnast once they have checked in and general stretch has begun. Your child will be dismissed to you at the conclusion of the competition.
4. **Under no circumstances** is it allowable for a parent to be on the competition floor. If there is an emergency, contact the meet director or a coach. If your child sustains a serious injury, you will be sought out and contacted. Do not attempt to run out on the floor, as you may be putting yourself and others in danger. There are emergency procedures in place set by USA Gymnastics that will be followed. Sometimes an injury looks worse than it really is. Over-reacting will only add stress to the situation. It is best to stay calm, say a prayer, and wait for a coach or meet director to contact you. Your child is in good hands, as Certified Athletic Trainers are on-site, and physicians are usually on-site or on-call.
5. Please do not voice negative talk or complaints. Surround yourself with positive people. Sometimes scoring can look unfair, but there may be underlying circumstances you are unaware of. Let the coach make any inquiries about a gymnast's performance. In the end, gymnasts are almost always ranked in the correct order. Remember, you are representing Michigan Elite Gymnastics Academy.

6. Have fun and enjoy your gymnast's performance!

Team Travel

For most of the meets, parents will be responsible for transportation and lodging arrangements. Please refer to the following guidelines:

- A list of hotels from the host club will be supplied and will be expected to be used when making hotel arrangements. If you feel there is a need to stay somewhere other than what is given, please notify the coaches in advance of booking.
- Travel dates will be given for meets requiring air travel. If you choose to book before the travel dates are given, you will be responsible for making the appropriate changes. Not following the rules may result in your gymnast being withdrawn from the competition. Travel dates will be given as soon as available.
- Remember that your gymnast is traveling for a gymnastics competition, and not a vacation. Planning site seeing tours may affect the performance of your gymnast. It will be at the coach's discretion to withdraw a gymnast from competition if the coach feels there may be a safety issue involved.
- On occasion, travel dates may be extended in order to provide a day of relaxation or site seeing. Please speak with a coach before making such arrangements.
- Team practices may be scheduled in which the gymnast must attend.
- On occasion, team dinners may be held, in which case, it is mandatory to attend.
- Team itineraries may be given to make sure we are all on the same page.
- Sport your Michigan Elite Gymnastics attire as you are supporting and participating in a wonderful program.

There may be some meets in which the gymnasts travel as a group. Chaperones will be assigned to these travel meets. There will be travel guidelines followed when using this travel format.

Part Four: Communication/Time and Financial Obligations

A commitment At Michigan Elite Gymnastics Academy, we understand that involvement in gymnastics requires a time and money commitment. We would like you to know that we appreciate your support of the program.

There is also a commitment from the coaching staff. They spend a significant amount of time planning, training, traveling, and supporting the gymnasts.

Financial obligations

Michigan Elite Gymnastics Academy is a business, and like any successful businesses, there are established policies in place regarding payment for services rendered. Please note, however, that if you have any concerns, our door is always open, and we will work with you to find a reasonable solution.

Monthly tuition: Due the 1st of every month. All team members must have a credit card on file. Your account must be up to date each month or your child will sit and watch practice until your account is up to date. Returned checks will incur a \$25 fee.

Family Discount: Families with more than one child who are currently participating in our program will receive a ten (10%) percent discount off the cost of each child's first class/team tuition. If one child is participating in the class program, the family discount will only be applied to those months in which the class program participant is registered.

Late Payment Penalty: Tuition is considered late if not paid by the 1st of the month. A twenty (\$25) dollar late payment fee will be assessed.

Outstanding Tuition Penalty: After the 10th of each month your account will be considered outstanding, and any unpaid tuition will be assessed a 1.5 % (percent) interest charge. Athletes may not train if the outstanding tuition balance is not paid. Delinquent accounts will be sent to a credit reporting collection agency. Please remember our door is always open to discuss financial options.

Refund Policy: MEGA does not offer refunds for any reason, nor do we pro-rate for missed training sessions. Monthly tuition is determined by the cost of the total program, and is based on 48 weeks per year. With cancellations due to holidays, competitions, camps, you are still receiving approximately 7-10 days of training that you have not paid for.

Membership fee: Pre-team and Team members are charged an annual membership fee in the amount of \$65.00. The membership fee pays for expenses including but not limited to: administration costs, liability insurance, coaches planning and training, and team equipment purchases.

Notice of Departure: Michigan Elite Gymnastics Academy requires an “in writing” thirty (30) day notice should your child decide to retire from our program. Due to the cost of supporting a competitive team member and the commitment we have extended to our coaching staff, it must be understood that it is your responsibility to notify the Team Director thirty (30) days in writing prior to the gymnast leaving the gym. **This means that you will pay for the 30 days following the day the written notice is received.** Any travel, Pro-shop, or other expenses (including all team assessments) currently on your account will also be due (any fees due during the 30 day notice time period is included). The thirty-day notice will also give the coaches and the gymnast time to work together to find a resolution to any conflicts or concerns. If you choose to terminate your membership during the season, you will be responsible for all charges during the season (assessments, apparel, camps, etc.) NOTE: When a 30-day notice is handed in, you are required to pay the balance due THAT DAY by cash, check or credit card.

If you decide to leave our program without the thirty (30) day written notice, you will be required to pay for 30 days tuition from your departure date, plus a \$300 “no notice” fee, plus any and all other expenses on your account.

Year-Around Commitment: The decision to join the Michigan Elite Gymnastics Academy team is a big one and reflects commitment to the team for an entire year. Team members do not move on and off the team based on illness, injury, conflicts, or the like. Although we encourage families to vacation together, it is our policy that competitive team members realize that training is a year-around cycle, which ensures consistency in coaching and greater progress towards achieving goals.

Make-Ups: MEGA team members are allowed to make up training sessions on a pre-approved basis. Approval will only be given when space is available. Make-ups must be approved through the gymnast’s individual coach first. Make ups are generally granted for pre-scheduled family events.

Facility Maintenance: Keeping the gym clean is of utmost importance. We ask that each and every gymnast make a conscientious effort to be responsible for his/her own clean up as well as helping out with the end of practice clean up. Gymnasts are allowed to bring their drinks into the gym area; however, they must be in spill proof containers.

Mailboxes/Communications: Each member will be assigned a personal mailbox located in the lobby. Important information will be placed in your mailbox. Parents should check their mailboxes daily before practice. Please clean out your mailboxes once a week. Most information is also posted on the team board.

Email is another form of communication that will be used frequently. Please make sure that you have a current email on file with the office.

The members only area on our web site will also contain team information. You must have a username and password.

USAG Membership: Each competing member of our program is required to purchase an annual membership in our governing body, USA Gymnastics. Membership fees are set by USAG and paid to Michigan Elite Gymnastics Academy in July of each year. Membership in USAG provides secondary insurance during competitions, a membership magazine and training for coaches. USAG membership is not the same as membership at MEGA.

Attire: Team members are required to purchase the team apparel. Costs for team attire can range from \$100-\$600 depending on the year and purchases made.

Routine Development: Girls at the optional level (level 6-10) in the JO program, the Elite Program, and the Xcel Program will have professionally choreographed routines for floor and beam. This is essential to the competitiveness and requirements involved for these programs. Routine development costs can range from \$250-750 depending on the level of the gymnast. Routines will be choreographed anytime from June-December, or on an as-needed basis.

Competitions and Coaching fees

The competition schedule is usually handed out in late August or Early September. The meet schedule is always subject to changes.

Parents will be responsible for turning in meet entry fees on time. All scheduled meets are mandatory. If you do not pay your entry fees on time, you will be responsible for paying the late fee to

have the gymnast entered. Do not expect a refund for any reason. Host sites generally do not offer entry refunds.

All meet information will be posted on the team wall, put in your mailbox and or emailed when we receive it. **Do not call** the meet site for information. You can expect to receive information one to two weeks before the competition. Although most meet schedules are now posted on the Internet, do not assume that it is correct. Many changes take place up to the day of competition.

Team Assessment fees will be assessed based on the number of gymnasts, competitions, the location, number of coaches attending, and travel expenses (air, car, etc.) Our coaches are paid per session, plus any per diem, travel, lodging, mileage and meals. You can anticipate paying anywhere from \$500-\$1,600 a year for coaching expenses (team assessments). You will receive a notice in your mailbox and or by email of when payments are due.

You will be billed for any other expenses not covered by the payments at the conclusion of the season.

Home Meets

Michigan Elite Gymnastics Academy will host multiple competitions (fun meets or sanctioned meets) each season, which will put money back into our team program. Every family of a pre-team or team member will be required to help at the competition(s).

Requirements:

All families will be required to sign up for phases of work. Depending on the size of the meet, you may be asked to work more than one phase. Phases include set up, take down and competition sessions.

Gymnasts will be able to sign up to help during the competition sessions, although this does not exclude the parent's requirement to participate.

Families who do not sign up or do not show up for their phase may be fined up to \$100.00 dollars per 4 hours (one phase), for a maximum of \$400.00 dollars (or 4 phases) per event. Fines may be implemented as additional team assessments. Please understand to function as a successful team; we must realize that working events is essential. We all know that there are families that donate more time than is asked and other families who feel they should not have to volunteer at all. Please understand and respect our policies.

Parent Volunteers

Being a Parent Volunteer is a great way to get involved in the MEGA team program, and provides an opportunity to raise money needed for the sport of gymnastics. Parents can volunteer for the following positions:

1. Fundraising coordinator: The fundraising coordinator will coordinate different fund-raising activities throughout the year. The money collected will be credited to the individuals account. The money can be used to offset expenses incurred by the gymnast (meet fees, competition gymnastics attire, team assessments, etc.). Money collected from fundraising cannot be used for tuition payments. The money must be used for the gymnast and not the family during a current competitive season. There is no carry over of funds into the next season.

If a team member terminates their membership on the team, the money collected will automatically transfer to the general fund.

2. Special Events Coordinator: The special events coordinator will coordinate events throughout the year, including the end of the year team banquet.

Required Forms For Team/Pre-Team Members

Each competitive team member is required to have on file with the MEGA office the following forms:

1. MEGA Registration Form
2. Emergency Information and Treatment form
3. Team Understanding and Agreement form
4. Athlete/Parent Season Commitment team contract

It is most important that all forms be on file at our office before your Team/Pre-team member is involved in training. Failure to observe this request may result in restriction from training, competition or travel. All forms should be updated annually and when changes occur.

Once again, Welcome to the Michigan Elite Gymnastics Academy's competitive team program. The rules and policies are in place to ensure the success of our program.

***"To begin a journey one must have courage;
to finish a journey one must have perseverance."***

