

TEAM NEWS – FALL 2018-19

KDGC COMPETITIVE TEAM

TUITION

Team tuition is due by the 15th of the month. After the 15th of the month you will be assessed a 10% late fee. **All checks having to do with team, including tuition should be made payable to Kathi Halbert.** All money applied to your account will first be credited to the oldest charges remaining on your account. The office closes at 3:00 p.m. on Saturday. If you are in the last class on Saturday, save any questions you have for Wednesday evening or feel free to drop a note in the tuition box and Lisa will get back to you on Monday.

EXPENSES

- A. Gymnast's meet expenses (transportation, food and lodging) are solely the responsibility of the parents of the gymnasts attending the meet.
- B. Coaches' meet expenses (transportation, food, and lodging) are met by the team assessment that is charged to all gymnasts. USAG Optionals - \$75.00, NEOGL gymnasts - \$60.00. These fees can be paid by any fund-raisers we are having. This money must be paid by November 30th.
- C. All competitors must belong to the AAU & NEOGL gymnastic leagues. The dues are \$15.00 for AAU and \$20.00 for NEOGL. This also can be paid by any fund-raisers we are having and this is due by October 30th. If you are an upper level optional you will need to also belong to the USAG league. That form will be sent out to those gymnasts later and the dues for USAG are \$57.00.

PERSONAL CARE

Rest and diet are two key elements for success. Remember, gymnasts must rest on Friday and Saturday to insure successful and safe weekend practices. Nutrition and weight control are a must for the success and safety of every gymnast. Also, washing hands often and wearing proper clothes cuts down on illnesses. Sharing of drinks in the gym is not allowed.

INJURIES

An injury does not allow a gymnast to miss practice. Conditioning and other methods of training are almost always possible even with an injury.

TEAM PHILOSOPHY

Those individuals that exhibit both the physical abilities and the commitment to achieve success are invited to KDGC's competitive team program. Physical skills are attainable through dedication and the motivation to succeed. For this reason, KDGC feels that commitment is the most important factor in achieving success. We have coached gymnasts that have been lacking in physical abilities yet have attained success well beyond what was "expected". Similarly, we have seen gymnasts with the physical ability to excel while not possessing the commitment to work toward progressively higher levels. Hard work is expected at all times.

ADVANCEMENT

Be on time and prepared to start. We suggest 10 minutes before scheduled start time. Gymnasts are expected at every workout scheduled. If you must be absent from a workout please notify your coach.

PRACTICE RULES

1. Be physically and mentally prepared to practice.
2. Know and follow all gym and workout safety rules.
3. Proper workout attire is required.
4. No food or drink in the gym.
5. 100% effort or more
6. Do not leave the workout area without your coach's permission.
7. Respect all other gymnasts and treat them accordingly.
8. Use all workout time efficiently – do not stand around.
9. No talking while on apparatus.
10. Long hair must be tied back.
11. Help teammates when needed.
12. At all times follow the coaches' instructions.
13. No jewelry of any kind, with the exception of small post earrings.
14. Always keep a positive attitude toward your coaches and workouts.

PARENTAL BEHAVIOR

1. Be positive with your child before, during and after meets
2. No emotional outbursts (booing, cussing, etc.) at meets.
3. Stay off the competition floor unless involved in an official capacity.
4. Try to get along with other parents and children.

EXTRA WORKOUTS – OPEN GYM

On Fridays, the coaches will be here from 4:00 – 6:00 p.m. having an open gym for any competitive gym team members. This workout cannot be used as a makeup for your normal class times. **The cost of this workout is \$10.00 and should be paid in cash directly to the coaches when you come.** There is a sign-up sheet outside the gym on the bulletin board for each week. Please sign up so the coaches know how many girls to count on. If you sign up and are unable to attend, please give Chris 24-hour notice since we staff these open gym workouts based on who is signed up. These open gym workouts give the girls more time to work on tricks and routines for the upcoming meet season.

FUNDRAISERS

To help with the cost of competitive team, the office has several fundraisers throughout the year. With each fundraiser, any money you earn goes directly on your personal account to help with your tuition, meet fees, dues, etc. Fundraisers are not mandatory, but a great way to help with expenses.