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**999 W. Main St., West Dundee, IL 60118**

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# Competitive Team **Handbook**

**2021-2022**

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Elite Core Gymnastics

Address:999 West Main Street

West Dundee, IL 60118

Phone Number: 224-204-2673

Website: www.elitecoregymnastics.com

General Info Email Address: team@elitecoregymnastics.com

**Congratulations!**

You are on the Elite Core Gymnastics Team!! As a team member and a team parent representing ECG, you are among the best!

Being a gymnastics team member is a wonderful privilege and offers great opportunities. However, a number of expectations come with that privilege.

This handbook is designed to help new and existing team members and their parents stay informed about ECG Team Policies and Expectations.

Please read through this handbook together (parent and child). When you have read and have a firm understanding of these guidelines, please sign the ECG Team Contract and Parent/Guardian Code of Ethics handouts and then return to the office. Here’s to a great season!

## Team Member Expectations Overview

With achievement comes responsibility. As an ECG team member, you are expected to adhere and to agree to the following guidelines:

* Always do your best!
* Be responsible for your actions.
* Be on time and prepared for practices and competition.
* Compete in all assigned competitions.
* Participate in non-competitive functions (such as demos and parades).
* Support and respect all ECG Staff and team members, as well as officials and other competitors.
* Accept praise and criticism in a gracious manner.
* Understand and appreciate the process of learning while on the road to achieving your personal goals.
* Be a gracious winner and award recipient.
* Follow the guidelines of the USA Gymnastics Code of Conduct and the ECG Policies described on the following pages of this handbook.
* **THERE ARE NO REFUNDS FOR DISMISSAL FROM THE TEAM**
* **THERE ARE NO REFUNDS SHOULD YOU CHOSE NOT TO FINISH THE YEAR WITH YOUR TEAM**

**Personal Equipment Gymnasts**

* Ankle weights (1-2 lbs)
* Water spray bottles for bars
* Any tape they require for taping
* Grips for Level 4 and higher

## Code of Conduct

**Pursuing Victory with Honor**[[1]](#footnote-0) -- This Code of Conduct applies to all student-athletes of interscholastic age involved in athletics. The Code has been adopted by Elite Core Gymnastics, Inc.

Athletic competition of interscholastic age student-athletes should be fun and should also be a significant part of a sound educational program, embodying high standards of ethics and sportsmanship while developing good character and other important life skills. Essential elements of character building are intrinsic in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring and good citizenship (the “Six Pillars of Character”). The highest potential of sports is achieved when learning from the T.E.A.M. concept (Teaching, Enforcing, Advocating and Modeling these values) and by committing to the ideal of pursuing victory with honor. Good-faith efforts to honor the words and spirit of this Code will improve the quality of our programs and the well-being of all teammates.

### Trustworthiness:

**Trustworthiness** — be worthy of trust in all you do.

**Integrity** — Live up to high ideals of ethics and sportsmanship and always pursue victory with honor. Do what’s right even when it’s unpopular or personally costly. Behave on social media.

**Honesty** — Live and compete honorably. Don’t lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct. Plagiarism or cheating is not acceptable.

**Reliability** — Fulfill commitments. Do what you say you will do. Be on time to practices and competitions.

**Loyalty** — is loyal to your gym and team. Put the team above personal glory.

### Respect

**Respect** — Treat all people, including the coach, with respect at all times. Demonstrate an appropriate demeanor that reflects self-control and an unwavering commitment to fair play.

**Class** — live and play with class. Be a good sport. Be gracious in victory and accept defeat with dignity. Help fallen opponents, compliment extraordinary performance, and show sincere respect in pre- and post-meet rituals.

**Disrespectful Conduct** — don’t engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.

**Respect for Officials** — Treat competitions, meet officials and workers with respect. Don’t complain about or argue about scores during or after an athletic event. Help youth sports organizations fill their need for qualified officials as a way to promote greater understanding and respect for the referee’s role.

### Responsibility

**Importance of Education** — the primary responsibility of a student-athlete is academic achievement. Be a student first, and commit to earning your diploma and getting the best education, you can. Be honest with yourself about the likelihood of getting an athletic scholarship and remember that many universities will not recruit student-athletes who do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably. Not achieving passing grades will result in your suspension from the team until the deficiency is cured.

**Role Modeling** — Remember, participation in sports is a privilege, not a right, and that you are expected to represent your team, coach and teammates with honor, in all activities. Consistently exhibit good character and conduct yourself as a positive role model.

**Self-Control** — Exercise self-control. Don’t fight or show excessive displays of anger or frustration. Have the strength to overcome the temptation to retaliate. Behave on social media.

**Healthy Lifestyle** — Safeguard your health. Don’t use any illegal or unhealthy substances, including alcohol, tobacco, drugs and nutritional supplements, or engage in any unhealthy techniques to gain, lose or maintain weight. Be informed about the health risks involved in the use of recreational and performance-enhancing drugs, tobacco and alcohol, as well as eating disorders.

### Fairness

**Fairness and Openness** — Live up to high standards of fair play. Be open-minded, always be willing to listen and learn.

### Caring

**Concern for Others** — Demonstrate concern for others. Never intentionally injure any player or engage in reckless behavior that might cause injury to yourself or others.

**Teammates** — help promote the well-being of teammates through positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

### Citizenship

**Playing by the Rules** — Have a thorough knowledge of and abide by all applicable competition rules. Demonstrate and demand integrity.

**Spirit of Rules** — Honor, observe and enforce the spirit and the letter of rules. Avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship. Do not engage in or allow any conduct designed to evade the rules governing fair competition.

**Every team member must read and understand the requirements of this Code of Conduct and acknowledge that he/she may be disciplined or removed from a team, without refund, if he/she violates any of its provisions.**

**If you have chosen to be part of this program, all outside instruction is prohibited.** Receiving private instruction from another gym, while committed to our team, will result in IMMEDIATE DISMISSAL from our team. We respect all personal relationships, however, if you are part of ECG's team, you have committed to our philosophies of coaching. Our handbook states that honesty, integrity and loyalty are some of our foremost pillars of conduct and we do not take them lightly. Instilling these attributes into our gymnasts is also part of our jobs as coaches. We have witnessed first hand that receiving instruction at another gym with different coaching always results in complications and confusion with the gymnasts state of mind and practice.

**Team Communication**

**Email**

ECG’s primary method of communicating with the team is **Email**. All team communication distributed to the entire team will be through Email, such as practice changes, meet registration deadlines, travel information, special event information, etc.

***Make sure the office has your correct Email address***. ECG has a specific email address assigned to handle all correspondence for ECG’s Competitive Team: It Is Your Responsibility To Make Sure We Have Your Correct Email Address, And That It Is Working.

**Communication to a Coach**

To facilitate communication with the coaching staff, all personal concerns regarding your gymnast should be *emailed* to Lindsay@elitecoregymnastics.com for optionals, [marissa@elitecoregymnastics.com](mailto:marissa@elitecoregymnastics.com) for Xcel, and [Bre@elitecoregymnastics.com](mailto:Bre@elitecoregymnastics.com) and [caitlin@elitecoregymnastics.com](mailto:caitlin@elitecoregymnastics.com) for compulsory questions. Please do not approach the coaching staff before, during or after practice. You might have a coach’s personal cell phone number. **This is for EMERGENCIES only!**

\*\*\*Please encourage ***your child*** to speak with his/her coach first regarding any issues in the gym. Our coaches truly care about our athletes, and that is why we are the best, and that is why you come here. Encourage your athlete to have open communication with any of his/her coaches. **It is their sport; let them take ownership of it.**

### Team Practices

Attendance is expected and required at team practice. Please be on time for practice. In the event that you are unable to attend practice, you are expected to be courteous to your coaches and teammates by sending an Email to info@elitecoregymnastics.com to report when and why you are missing practice. This allows the coaches to plan in advance their workouts for the day. Please keep absences to a minimum. Excessive unexcused absences, or absences without notification could lead to being scratched from future meets.

We will not accommodate switching gymnasts’ practices during the year to accommodate schedules. If it is an emergency, or a rare instance, we will take that into consideration if it is the week of a meet.

Parents are not encouraged to observe practice. Parents are allowed to arrive 15 minutes prior to the end of practice to observe. For safety reasons, avoid talking with your son/daughter during practice. For safety reasons, parents are not allowed in the gym practice area unless it is during a private lesson or are directly invited.

**GIRLS COMPETITIVE PROGRAM - COMPULSORY (Prescribed) LEVELS**

**ALL FINAL LEVEL CHANGES WILL BE MADE BY OCTOBER AT THE COACHES DISCRETION**

Most (not all) Move Ups occur in June. Some move ups/ move downs/ group moves, may occur at any time throughout the season, according to the coach's discretion.

*All move ups are at the discretion of the coach regardless of scores obtained*

**Xcel:** Is an Optional Program that is designed to offer a broad-based, affordable competitive experience besides the Jr. Olympic Program to attract and retain a diverse group of athletes. This level practices 2 -3 days/week, 6-10 hours weekly. This level of gymnasts competes in meets held in the state of Illinois and occasionally surrounding states from October through March. Competition at this level culminates in a Regional 5 Championship Meet, which includes 5 states. We like to see athletes compete compulsory in the USAG program, and other general prerequisites for this level. These athletes will compete 5-6 meets per season, plus State.

**Level 2:** Team trains the USA Gymnastics (USAG) developmental skills. This level is for the gymnast who may have just entered the team and develops basic skills. They work out 2 days/week, 6 hours weekly. This level will not compete. At the coaches discretion, a “fun” meet could be added to the end of the season.

**Level 3:** Team trains the USA Gymnastics (USAG) routines. This level is for the gymnast who may have just entered the team and develops basic skills. They work out 3 days/week, 10 hours weekly. They will attend meets that are appropriate for their competitive skill set. Competition at this level culminates in a State Championship Meet. Gymnasts generally stay in this level for 1-2 seasons, and, as a general benchmark, are expected to attain 2-36.00 or 1-37.00 all around scores (or greater). These gymnasts will attend 5-6 competitions per season.

**Level 4:** Is a level of official USAG competition. This level practices 4 days/ week, 16 hours weekly. The level 4 gymnasts compete in meets held in the state of Illinois and occasionally surrounding states from October through March. Competition at this level culminates in a State Championship Meet. Gymnasts generally stay in this level for 1-2 seasons, and, as a general benchmark, are expected to attain 2-36.00 or 1-37.00 all around scores (or greater). These gymnasts will attend 6-10 competitions per season.

**Level 5:** Is a higher level of official USAG competition than Level 4. This level practices 4 days/ week, 16 hours weekly. The level 5 gymnasts compete in meets held in the state of Illinois and occasionally surrounding states from October through March. Competition at this level culminates in a State Championship Meet. Gymnasts generally stay in this level for 1-2 seasons, and, as a general benchmark, are expected to attain 2-36.00 or 1-37.00 All Around Scores (or greater). These gymnasts will attend 6-10 competitions per season

**GIRLS COMPETITIVE PROGRAM - OPTIONAL (Advanced) LEVELS**

**Level 6**: Is the first level of optionals in USAG competition. Level 6 is an optional (advanced) skill level with compulsory skill requirements on each event. This level practices 4-5 days/week, and 20 hours/week. The level 6 gymnasts compete in meets held in the state of Illinois and occasionally surrounding states from October through March. Competition at this level culminates in a State Championship Meet. Gymnasts generally stay in this level for 2-3 seasons, and, as a general benchmark, are expected to attain 2-36.00, or 1-37.00 all around scores (or greater). These gymnasts will attend 6-10 competitions per season.

**Level 7:** Is the next level of optionals in the USAG program. Level 7 is an optional (advanced) skill level with compulsory skill requirements on each event. This level practices 4-5 days/week, 20 hours per week. Level 7 competes through the Region 5 Regional Meet. Level 7’s travel to out-of-state meets. As a general benchmark, are expected to attain 2-36.00, or 1-37.00 All around Scores (or greater). These gymnasts will attend 6-10 competitions per season.

**Level 8: I**s the next step in the Optional Program. At this level the gymnasts train 4-5 days/week and 18-20 hours per week. These gymnasts develop intermediate level optional skills, knowledge of skill values, and creativity through routine development. The Optional season runs from November to April. The season culminates with a Regional Meet for Level 8's. Level 8’s travel to out-of-state meets and as a general benchmark, are expected to attain 2-36.00, or 1-37.00 All around Scores (or greater). These gymnasts will attend 6-10 competitions per season.

**Level 9 and 10:** Are the highest levels of USAG age-group competition. These gymnasts work on development of individualized optional routines with more difficult optional skills. The girls practice 5 days/week and 24hours per week. The competition season is November through May. These levels extend past the Regional level to National Competition if they qualify. As a general benchmark, they are expected to attain 2-36.00, or 1-37.00 All around Scores (or greater). These gymnasts will attend 6-10 competitions per season.

**In order to qualify for State in our program, your gymnast must achieve a 35.00 AA or greater during the invitational season.**

**The only levels attending regionals will be level 9 & up, Xcel Platinum and Diamond for college recruiting purposes, or if your gymnast makes the Illinois State Team.**

**We also take into consideration Attendance, Attitude, Work Ethic, Extra-curricular Participation, Skill Development, Strength and Flexibility.**

**FULFILLING PARENT RESPONSIBILITIES**

Membership on the Elite Core Gymnastics TEAM requires payment of all tuition, team fees and meet entry fees in that order. A gymnast whose fees are not paid is NOT permitted to participate in any club activities, including practice, or private lessons, competitions, until fees are paid. In addition -

* Communication with your gymnast: For **safety** reasons, we ask that you do not interact from the viewing area with your athlete during practice times. Your gymnast’s concentration during practice is important for their safety and to the respect of their coach and team. If the gymnast is asked to focus and listen multiple times due to distractions like these, they will be asked to sit out for the safety of the coach, team and themselves. Even if you don’t intend to interact with your gymnast, they at times, can become very distracted by you and seek your attention. If there is something critical to tell your gymnast, please inform the front desk and they can assist you with informing your gymnasts by means of the coach during a safe time. Please respect each practice and competitive situation for the safety of your gymnast, coach and team.
* Transportation: You are responsible for providing transportation to, from, and being prompt to all practices, meets, and special events. It is critical to your gymnast physically and mentally. Giving your gymnast proper time to warm up and get mentally ready to practice and perform their skills is important.
* Late Pickup Charge: There will be a $25 late pickup fee for gymnasts who are picked up more than 10 minutes after the end of their practices
* Absences: Please make sure to notify ECG at [info@elitecoregymnastics.com](mailto:info@elitecoregymnastics.com) of any absences from practices for vacations or advanced absences. For any emergencies or last-minute absences, please call the front office and send an email.
* Only coaches and office management are allowed in the enclosed restricted areas for your safety as well as for respect for the office management and coaches. Please enquire at the front desk before traveling beyond the common areas and the gym. Please do not feel offended when we decline your access. It is imperative that we follow confidentiality clauses and SAFESPORT policies within these areas. We thank you in advance for your cooperation.
* Please be advised, there are no discounts for Team. All of our teams run at a severely discounted rate as is. We volunteer as an offsetting measure to keeps our team prices as low as possible.
* NO parents in the gym during practice (unless instructed by a coach). This is a distraction not only to the team girls, but also to other classes going on at that given time. -THERE IS ABSOLUTELY NO MOTIONING/GESTURING/COACHING FROM PARENTS AT PRACTICE OR COMPETITIONS!!!! These are distractions that can be detrimental to your daughter’s success.
* During private instruction only, the parent or guardian must stay in the gym at all times. This is a USAG Safe Sport Policy that must always be adhered too.
* **Parents MAY NOT approach any coach during competition and/or camp to discuss scoring or any coach’s decisions. We require that you wait until the following Monday after the meets, and you can email your questions to either Lindsay or Brehan.**
* Poor attitude exhibited by parents at any time may result in your athlete’s dismissal from the team. **THERE ARE NO REFUNDS FOR DISMISSAL FROM THE TEAM.** Please set a positive example for your children.
* Transportation Policy: Please act responsibly. Drop your child off and pick them up at their practice time. If ECG staff deems a parent or guardian incapable of driving home a gymnast safely, we reserve the right to find appropriate and safe transportation for that child.
* Please refrain from alcohol and substance abuse within ECG facilities and all ECG affiliated meets. Inappropriate behavior will not be tolerated.
* If you would like to coach your child, Great! Please fulfill your USAG certification, SafeSport certification, and fill out an application at our front desk including all your qualifications. We will evaluate what level you are capable of coaching.

**Positive Mental Attitude & Coach Excusals:**

At the gym, we strive to uphold positive mental attitude and therefore various behaviors are not acceptable. For example, crying, temper tantrums, profanity and indecent topics of conversations are not acceptable at the gym. The gymnastics world is built on “tough love.” If the gymnast is unable to mentally compose themselves after brief periods of sitting out, they may be asked to be dismissed from practice/events or can be disqualified during competitions. It is important that the gymnasts are mentally focused to do their skills. The undesired behaviors are a distraction that can easily become a safety concern. Please note that crying because of an injury is a different scenario. (Sometimes you will get frustrated with yourself or with us. Remember, we are doing what we feel is best for you, to help you improve and be the best gymnast you can be. Never give up! Crying is NOT tolerated in the gym. If crying continues, the gymnast will be asked to sit out to compose themselves, or asked to go home if it is excessive... Please note that crying because of an injury is a different scenario.

**Water in lockers:** An essential part of an athlete’s life and is the preferred hydration of the gym. Please keep your water bottle in your designated locker and in a non-breakable bottle that is secured with a lid. Water bottles must be kept in designated areas at all times or they will be thrown out.

**Medical Necessities:** ECG needs to be informed of any medical concerns related to your gymnast. Please inform the front office and the coaches in writing or through an email of any medical necessities or restrictions related to your gymnast’s health. Examples of these can include the following; diabetic, anemic, sprains/strains, doctor guidance on any related injury or post-operative restrictions, extra breaks/water, peanut allergy-just to name a few.

\*\*Please note that when your gymnast is or has been very ill, returning to practice can be taxing on them. Please make sure, your gymnast can handle the rigors of their routine and the practice protocols before returning back. Safety is always important. You are expected to do what your coaches ask you to do when they ask you to do it. Gymnastics is fun, but it also requires discipline and focus. Chit-chat is to be kept to minimum. In addition, you are to remain in the gym at all times during practice (except for bathroom emergencies). Only water is allowed in the gym in your lockers. A bottle with a secure lid is acceptable. Should extra break time be needed between events for diabetics or other personal needs, we will, of course meet those needs.

If an injury has not abated after two weeks, a doctor’s note is required to return to practice.

**Phone/Electronics Use**: If your gymnast needs to have a phone to contact you, please have them power it up ONLY after practice is over. Any devices left on can be a distraction and compromise the gymnasts’ concentration and safety throughout practice. Otherwise, gymnasts are allowed by their coaches to come to the front desk and use the gym phone with the help of office personnel. Other electronics are not allowed in the gym or necessary for a gymnast to have during practice. We ask that you refrain from bringing any electronics into the gym or lockers. **We are not responsible for lost or stolen electronics or other items.** *It would be best to just leave them at home. No Cell phones are allowed to be “ON” during practice. Behave on social media.*

**Bullying:** Under no certain circumstance, is there ANY BULLYING allowed at our gym. Their first offense is to be scratched from the next meet. The next offense, we will ask them to leave the team. We are a TEAM and we support each other. Not everyone has to like each other, but they must get along. If this is an issue, please let us know and we will not hesitate to wish you well at a different facility. We stand for integrity, compassion, and fairness, and demand the same of the gymnasts that we are training.

**List of Acceptable Snacks:** We do allow for a small snack during our practice. However, please try to pack fruits and vegetables. Healthy snacks are important. You do not need to pack an entire meal.

## Competition Guidelines

You must attend all scheduled practices 1 week prior to a meet in order to compete. Safety is an issue here, and you may not be allowed to compete. This is not only for your safety but also out of respect for your teammates. Gymnastics is both an individual and a team sport. You must be a team player! We are counting on your performance and your camaraderie. It is also at the coach’s discretion on whether your performance prior to a meet meets the standards of safety.

If your gymnast is sick the week of a meet, we must require that they do not attend practice or the meet that week. Bringing a sick child to the gym is unfair to the other gymnasts that may catch the illness and may not be able to compete as well. Please use common sense. If your gymnast is sick, they will not compete or practice at their best and may be injured as well.

However, It is also up to the coach’s discretion if a gymnast is sick at the beginning of the week, but may be allowed to compete at the meet at the end of the week depending on their level, and state of the gymnast upon return.

### Competition Levels

Prior to the beginning of the competitive season, our coaches will evaluate whether each gymnast is ready to compete and at which level. You will be considered ready only when you can perform ALL of the elements required at your level, both individually and in full routines, on a consistent basis. All level changes will be made by October. There will be no mobility during a season UNLESS it is at the coach’s discretion. This sport is a marathon, not a sprint and we will move your child at their pace for them to continue to enjoy the sport.

Readiness will certainly be decided on an individual basis and can fluctuate throughout the season as skills are mastered or not mastered. A skill is mastered when a gymnast performs it consistently with their coaches’ approval. Therefore, gymnasts can compete and not compete throughout the entire season depending on their skill level demonstration, knowledge of the routines, desired **behavior** and **most importantly their coaches’ approval**. Parents will be made aware of any changes that might occur throughout the season that would make their gymnast’s ready to compete at a different level, do 2 out of the 4 events (known as scratched), etc. Specific details and requirements for Level Mobility are listed in earlier sections of this handbook. Please note that the coaches work with your gymnasts on a regular basis and are aware of how your gymnast responds mentally and physically on the 4 events. The decisions they make for your gymnasts are with their best interests in mind. Please respect their decision. If you have any concerns, please address them through a scheduled meeting with your gymnast’s coaches. So, it is possible for you to not compete at the beginning of the season, gain the necessary skills and begin competing later in the season. At the same time, a gymnast who “loses” skills during the season will not be allowed to compete even if he/she has already competed previously. Please remember that making a skill once does not mean you have mastered it and are ready to compete. Coaches have the final say in determining when each gymnast is ready to compete and at which level he/she will compete**.** Specific details and requirements for Level Mobility are listed in earlier sections of this handbook.

Each level has specific skills that are required in order to compete at that level. If your gymnast does not have the specific set of skills required, the coach may scratch the gymnast from a meet or event, or put the gymnast back into the level they can fulfill until they have met the requirements of what level the coaches deem acceptable.

### Regular Practice Time Changes

Team practice times may be changed or cancelled throughout the year because of holidays, special events, competition times, etc. All changes in practice times are posted via Email.

**Team gymnasts do not receive make up days**. They are expected to be at practice during their scheduled days and times. *Please do not ask your coaches or anyone at the fronts desks to make an exception for you.*

### Practice Schedule Before Meets

Please note that you will be notified via email ***if*** practice is:

* shortened allowing the gymnast to review 1-2 routines and allow for adequate rest.
* shortened or cancelled to allow for travel time to meets.
* altered or cancelled practice because coaches are unavailable due to being at the meets with other team levels.

If you have a scheduled practice the day before a competition, it *may* be a shortened practice. This practice is designed for reviewing one or two routines on each event and allows for adequate rest the day before competition. If for any reason practice is shortened the day before a competition, we will let you know via email. We try our best to inform you of practice time changes the week of a meet as early as we can.

### Practice Schedule After Meets

Please note that you will be notified via email or text, ***if*** practice is cancelled due to:

* A late night meet the day before.
* A long 3-day, late night competition.

This applies for both gymnast and coaches. Alertness and safety are our utmost concern. (We typically give the gymnasts a day off on the day following a competition if there is a normal scheduled practice. For example, if your competition session is on late Sunday night, then practice may be cancelled for Monday. There are occasional exceptions to this rule, so we will always let you know if there is a change in practice schedule. If we have a long 3-day, late night home competition, we will not hold practice the following Monday for any of the team. Once again, we will inform you, in advance, via e-mail.)

### Meet Attendance

***You are expected to attend all scheduled meets during the season. You joined this team to compete***. Because we realize that certain life events (weddings, funerals, reunions, etc.) do occur, the conflicts must be discussed with and excused by the coaches as soon as possible before the registration deadline. Please notify us through Email any known meet conflicts. Repeated lack of attendance to meets will be addressed by the coaching staff.

Missing a meet for any reason affects a gymnast’s individual progress and her team’s score and standing. Again, if extenuating circumstances prevent your athlete from attending a meet, it will be dealt with on an individual basis. Missing a meet because of a birthday party or not wanting to travel “so far” is completely unacceptable. These are examples of inexcusable reasons to miss a meet and such reasons will not be tolerated. You joined the team to compete. Please, try to avoid scheduling vacations during the season or at least try to arrange them around meet- free weekends.

THERE WILL BE NO REFUNDS FOR MEET ENTRIES.

If you miss a meet due to illness or injury, we CANNOT refund any monies paid out to host gyms. If there is an injury, we will do our best to request a refund if it’s in the allotted time frame. Each meet policies are different and we have no control over their procedures.

**Your team and coaches thank you in advance for your considerations on these matters. Your gymnast’s attendance not only affects themselves, but the entire Team as well.**

**Competition and Practice Attire**

**Practice: Leotards only. Black shorts may be worn during needed times of the month.**

**Competition:**

**Compulsories:** Gymnasts will wear a team leotard, with warm up. Hair in a high bun with a black scrunchie. Please bring slip on shoes or gym shoes. No boots. All items should be placed in a black ECG backpack

**Optionals:** Gymnasts will wear a team leotard, with warm up. Hair in a high bun with a black scrunchie OR a neat braid with hair pulled away from the face. No ponytails. Please bring slip on shoes or gym shoes. No boot. All items should be placed in a black ECG backpack

Swimming Policy

We suggest that you not allow your son/daughter to swim at all 24 hours before her competition.

Doing so loosens and fatigues muscles and ligaments, softens hands which will increase the probability of ripping, and may lead to poor performance and injury. Your child can swim her heart out after competing. We also know hotel stays are fun, as they should be, but please make sure your child gets adequate rest and is always representing Elite Core Gymnastics positively. Safety is our primary concern.

### Private Lessons

Private lessons for compulsories are occasionally acceptable in order to help shape our gymnasts for future progressions. Privates for optionals are considerably differently. An optional gymnast spends 18-23 hours a week in the gym and at that point in their career, we believe privates are only allowable when a gymnast is close to getting a skill or has a mental obstacle that they would like to work on.

If you would like to schedule a private lesson with one of our coaching staff, please contact the coach directly or the front desk.

-wait for the coach to contact you and schedule your private lesson.

-payments are in cash or check directly to the coach prior to or the day of the session.

**- The parent or guardian must stay in the gym at all times. This is a USAG Safe Sport Policy that must always be adhered too.**

**\*\*NOTE: All tuition fees, coaches’ fees, meet fees, membership fees, ECG accounts must be 100% up to date before schedule a private lesson.**

**Gym Holidays**

Below is a list with approximate dates and length: **Details about this season's team closings were sent via email and will be posted under the TEAM tab on the website.**

| New Year | December 31 / January 1 |
| --- | --- |
| Memorial Day | Last Monday in May |
| 4th of July | 3-5 days summer break |
| Back to School Break | 1 week in Late August (Team Cleaning Day) |
| Labor Day | First Monday in September |
| Halloween | October 31 or trick or treat day |
| Thanksgiving | 2-3 days in November |
| Christmas Holiday | 3-5 days in December |

## Financial Obligation Overview

This section of the Team Handbook is designed to help parents understand the time and financial obligations and payment schedules for your gymnast.

The jump to competitive team is a big one for both you and your child. Below is a summary of the financial obligations as well as the *approximate* payment time frame. Please understand that this is an overview of fees and are subject to annual 3%-6% C.O.L. price increases.

## 2020-2021 Elite Core Gymnastics Tuition and Fees

***The following items are non-refundable and payable to Elite Core Gymnastics, Inc.:***

| Hours Per Week | Monthly Tuition |  |
| --- | --- | --- |
| Level 2 - 6 hours | $250 |  |
| Level 3-10 hours | $300 |  |
| Level 4/5-16 hours | $350 |  |
| Levels 6-9- 18 hours | $375 |  |
| Xcel Gold/Platinum- 9 hours | $286 |  |
| Xcel Silver- 6 hours | $200 |  |
|  |  |  |
| **Estimated Meet Team Expenses** |  |  |
| Meet Registrations (does not include State) | $135 x 6 meets | $810 |
| Competition Coaches Fees |  | $500 |
| Additional Costs (Meet team fees, etc.) |  | $200 |
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| Additional Costs Not Included: |  |  |
| Competition Leo (paid at time of order) |  | $300 |
| Competition Warmups (paid at time of order) |  | $150 |
| ECG Backpack (paid at time of order) |  | $55 |
| Floor Choreography (Xcel, Level 6 and up and paid directly to Choreographer) |  | $300 |
| State Competition (cost will vary greatly and paid around March) |  | $250 |
|  |  |  |
| Payment Schedule for Competition Fees Only: |  |  |
| June 15 $378 |  |  |
| July 15 $378 |  |  |
| August 15 $378 |  |  |
| September 15 $378  All other costs will be paid at the time of order or when the State schedule is posted. |  |  |

### ECG Club Membership

The membership fee, of $35 per individual or $50 per family, defrays administrative costs and gives the members of your immediate family discounts on Open Gym and other special events. This fee is due annually at the anniversary date of your initial registration. All fees paid to ECG are non-refundable and non-transferrable.

### Team Monthly Tuition

Auto Debit is the required method of tuition. Because we appreciate promptness, monthly tuition payments made through Auto Debit on the 1st of each month.

Tuition costs have been calculated annually and divided into monthly payments and take into account gym closings, holidays, no practice days, travel days, holidays, camp days and inclement weather days. We consider team an annual commitment. Monthly tuition may not be pro-rated or discounted because of any absences. ***There are no make up practices or pro-rations offered for missed practices or partial months.***

**If paying Cash: Monthly tuition is due on or before the 25th of each proceeding month.**

Otherwise, we insist on Auto billing monthly tuition on the 1st of every month. Any tuition payments made on or after the 3rd will be considered late and a $25 late fee will be invoiced to your account. In the case of late monthly tuition payments, the gymnast will not be allowed to practice or compete with the team unless arrangements have been made with office management, in writing, prior to the 25th of the preceding month.

Please be advised, there are no discounts, of any kind, for Team. All of our teams run at a severely discounted rate as is. We volunteer as an offsetting measure to keeps our team prices as low as possible

Team Competition Fees and additional

All team fees paid by credit card will be subjected to a credit card service fee of 3.5%

All team fees must be paid in a timely fashion. Leotards and warm-ups orders are placed in July, and we must have payment in order to pay for your child’s order. Meet reservations are generally made by August and they must also be paid for in advance.

**How to submit payments:**

If paying by check or cash: Please place payment in an envelope with your gymnasts name, level and what the payment is going towards. Please bring envelope to the front desk. If no one is at the front desk, please place envelope in lock box labeled deposit located in the front area.

If paying by credit: You can call, email or come to the front desk. Please know that any team fees paid by credit card will receive a 3.5% charge.

## Injury Policy

In the case of an injury, we expect that your child maintains a regular practice schedule. Should the injury not allow him/her to participate in any way, and the doctor not allow her to be in the gym for an **extended** period of time, ECG *may* freeze your ECG Tuition fees while they are injured and not participating at the gym. Please note, if you choose to send your child to practice while they are not completely ready, we will make adjustments in their workout. There will be no tuition discounts for missed practices. A doctor’s note is required to return to practice.

Any gymnast with an injury lasting more than 2 weeks is required to bring a doctor’s note in order to return to practice.

**COACHES RESERVE THE RIGHT TO:**

Cancel practice before or after a meet for ANY level due to excessive pounding or risk of injury, scheduling conflicts, etc.

-Scratch a child from a meet due to safety precautions, poor attitude, OR skill level (if gymnast does not warm up a skill at a meet, have proper requirements, etc.)

-Decide the level of each gymnast as they see fit based on the skills of that child (both physical and mental) -Place a gymnast in a lower level/team if they are not perform skills required of their level -Remove a gymnast from practice/team due to extreme disrespect, poor attendance, etc.

-Gymnasts that are scratched from a meet ARE NOT ENTITLED to meet and team fee refunds for any reason, whether there says there is a deadline or not, unfortunately. \*ANY REMOVALS FROM TEAM WILL NOT RESULT IN A REFUND

-Coaches reserve the right to scratch a gymnast from a meet if they deem there are safety issues, poor attendance, etc. GYMNASTS MUST ATTEND ALL PRACTICES for a week prior to a meet, or they may be scratched.

## USAG Membership : Due every summer

Every competitive team member must have a valid USAG membership & USAG number in order to compete in any meets. All USAG official forms must be completed by parent. This can be completed online at [www.usag.org](http://www.usag.org). If you do not have a USAG membership, you must register and pay for it by July 15. Please be sure to choose Elite Core Gymnastics as your current gym.

## Meet Registration

As a member of the ECG Competitive Team, we expect participation in all assigned meets. All meet entries are payable to Elite Core Gymnastics.

Meet registration deadlines are typically 4 to 6 months in advance of the competitions (with a few exceptions). Please be aware of registration deadlines. Meet entries are mailed to the host gym well before the registration deadline

The Final Team Roster will be posted via email and our social media platforms when the Meet Entry forms are mailed to the host gym.

If you want to register your gymnast after the registration deadline, a separate entry can be sent in at your request. In case of a late entry, a $60.00 late fee is invoiced to your account plus any additional meet late fees are added by the host club to your meet fee costs. YOUR athlete WILL NOT BE ENTERED into any meets until your ENTIRE meet fee is paid, this INCLUDES the late fees.

Late fees cannot and WILL NOT be “waived.”

## Meet Competition Times/Dates

The dates listed on the Competition Schedule refer to the duration of the entire meet. There will be multiple sessions each day of competition. However, each gymnast competes in only one session during the entire weekend of a meet (unless a “finals” meet format is hosted) based on his/her level and age group. A session begins with check-in and ends after awards, lasting approximately 4 to 5 hours.

Depending on the size and format of the meets the team is attending, we receive our competition session schedules about one week prior to competition. The Final Competition Schedule will be sent out via E-mail and it will be posted on the Team Bulletin Board as soon as the gym receives it. Please do not ask the office or coaching staff if we have your competition schedules.

Why does it take a host gym so long to set the schedule? USAG has very specific guidelines regarding how many gymnasts can compete in each session, how many judges are required, etc. When gyms interested in attending a meet send their registration forms and team lists in on time, the meet hosts can more quickly prepare the competition schedules.

Please be reassured that you will be notified as soon as ECG is notified. So, if you wonder why it takes a host gym so long to set the schedule, this is why It is essential that parents be respectful of deadlines for meet fees. Just one late entry can cause the entire schedule to have to be redone.

## College Information

This section gives you as parents an insight to what the college process is and how it affects your daughter. It is never too early to start thinking about colleges. There are several factors why we choose the schedule we do, and one of the reasons is for recruiting purposes. There are many college coaches who will attend club meets. This also gives you as a family a chance to check out surrounding college campuses. College recruiting is done much earlier than it was in the past five years. Gymnasts are now verbally committing to colleges, at the age of 14-17. As a reference point, if your daughter is a level 10 by the time she is a freshman or sophomore in high school, she has a good chance to receive some scholarship money. Here are some guidelines/timelines for your daughter:

-Evaluations (college coach just watches you) but can ONLY speak to your current club coaches. This can happen at any age, mostly during 8th grade through Junior year, depending on your daughters level.

As a reference, it is uncommon for a gymnast to receive a full scholarship unless they have proven themselves as an established Level 10 gymnast.

-Any correspondence prior to this whether its email/phone has to be done through club coach as the "middle man"

-If you and your daughter take an UNOFFICIAL visit, this means you can go on campus, speak with the coaches, meet the team, and meet academic advisors. The coaches will typically set up a tour or walk around with you, let you watch part of a practice, meet people that will be a resource for your daughter in the future- should she attend that school. The coaches are allowed to speak with you because you are on THEIR campus. Once you step off campus, all correspondence will be through one of us (ECG coaches).

-Both unofficial and official visits are only to last 48 hours

-Written correspondence including email and actual letters can start June 15th, of junior year. We do encourage gymnasts to email, however college coaches can only respond with a standard NCAA letter. All emails should have Lindsay’s contact information on them, so college coaches have a way to communicate with your daughter

TO DO LIST WHEN ENTERING HIGHSCHOOL

-Go to http://web1.ncaa.org/ECWR2/NCAA\_EMS/NCAA.jsp, this is NCAA clearinghouse. This website has a lot of information and allows your daughter to be recruited

-Go on www.collegegymfans.com, click on RECRUITS, then RECRUITABLES DATABASE, then ADD RECRUIT. This is a database for all college coaches, compiled by graduation year

-This website is a great website to keep up with what's going on in the gymnastics world. As a parent of a future collegiate athlete, you can keep tabs on your daughter or friends each week and see how every school did. It is full of any news releases, rankings, coaching updates, and all the rest of the fun GOSSIP!

-Go to http://www.gymdivas.us, and fill out recruiting profile

-Go to http://www.roadtonationals.com After rankings, you and your daughter can look at the layout of all the conferences or just go by the overall rankings of the previous/current season

-This is a great way to get a realistic idea of where you daughter may have a shot of earning a scholarship. Something to keep in mind is comparing your daughter to previous gymnasts or current gymnasts; recruiting IS NOT THAT EASY! Recruiting is a puzzle. Just because the girl from a previous year had the exact same skills, doesn't mean the same school will offer your daughter a scholarship.

-After looking at the rankings, please sit down with your daughter and have the discussion where you and her can agree upon, as far as geography. There are so many excellent schools across the country, but if you aren't comfortable with her traveling across the country, this needs to be discussed prior to the recruiting process beginning.

-Last but not least, is record everything, so it’s on video! Parents, I encourage you to video warm-ups as well, (You never know when she is going to do the best vault of her life, it may be in warm-ups)!

**General TIPS**

-Please encourage your daughter to be a team player. When college coaches come in for evaluations, they can see very easily who a team player is and who isn't.

-Please be open and honest with me as far as what schools/conferences/divisions your daughter is interested in. A great way to get an idea is watch the BIG TEN network on TV!

-Please be realistic with where your daughter can attend college. She doesn’t need to feel added pressure to earn a scholarship or to any specific school OR Division, let her be your guide.

-Her recruiting video should be on YouTube no later than May of her sophomore year. One way to keep interest from the college coaches is to have updates. We are constantly videoing in the gym, but it is up to you and your daughter to upload these videos to YouTube. YouTube is the easiest way for college coaches to see what skills your daughter has and how much she has progressed. Her video doesn't need to be perfect; she just needs to get on someone's radar!

-Something to keep in mind when college coaches visit. They realize the girls are human and not every practice is going to be perfect. The girls they are looking for are team players, have a personality, can laugh at themselves, show leadership, can bounce back after a bad turn, consistent competitor, excellent grades, and most of all get a good report from their club coaches!!!

\*\*\*\*\*We as coaches make it known that we will not tell the college coaches anything but the absolute truth when it comes to work ethic, gymnast personality/attitude, and skill level. The last thing we want to do is say your daughter is the hardest worker in the entire gym, when really, she has poor attendance, is disrespectful to teammates or to her coaches.

Elite Core Gymnastics

Please hand in this page to the front desk by June 1.

**I agree to abide and follow the rules of the Elite Core Gymnastics Team Handbook. Should I choose not to follow the rules set forth, this can and may result in my dismissal from the Elite Core Gymnastics Team without refund.**

Parent Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## 2020-2021 Elite Core Gymnastics Tuition and Fees

| **Hours Per Week** | **Monthly Tuition** |  |
| --- | --- | --- |
| Level 2 - 6 hours | $250 |  |
| Level 3-10 hours | $300 |  |
| Level 4/5-16 hours | $350 |  |
| Levels 6-9- 20 hours | $400 |  |
| Xcel Gold/Platinum- 10 hours | $286 |  |
| Xcel Silver- 6 hours | $200 |  |
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1. [↑](#footnote-ref-0)