

CHALK IT UP TEAM HANDBOOK
524 E Washington St. Chagrin Falls 44022 (440)-600-2060
Competitive Team Program Overview

Welcome and congratulations on being individually selected for our Competition Team program! Our Team program is intended for unique athletes who are ready to achieve more from the sport of gymnastics. Being a member of any team requires more dedication and commitment from both the athlete and their family. This booklet was designed to give our members a complete understanding of our expectations and guidelines as to how our Team program operates.

At Chalk It Up we strive to create a safe and supportive atmosphere for all our families through guidance, honesty, and communication. Our Junior Olympic women's gymnastics program operates under the rules and regulations of USA Gymnastics, the sole national governing body for the sport of gymnastics in the United States. We believe that gymnastics is the root of all sports. Its basic components aid in the physical development of every child and contribute to the foundation of a productive life. In addition to physical advancement, we seek to instill life skills and character traits through the participation in this program that will serve our students well throughout their lives. This includes, but is not limited to, determination, work ethic, grit, time management, responsibility, leadership, sportsmanship, discipline, respect and confidence. It is the mission of Chalk It Up to provide an encouraging environment where each gymnast can thrive in a safe and challenging atmosphere. Team is a year round commitment in which athletes must practice multiple days per week, train and execute required skills, learn and memorize routines, and go on to demonstrate these skills and routines simultaneously at competitions. Gymnasts who are selected for Team must display that they are physically and mentally capable of this program, have potential to succeed, are individually motivated to learn, and are dedicated to the sport. In addition, they are selected not just as a team member, but also a role model and leader both inside and outside the gym. Finally, a gymnast cannot succeed without the support of her family. The athletes' family must also be committed team members and must be financially equipped to pursue this program. While being a member of the Team is admirable, understand this opportunity is a privilege, and not a right.

We will always run a structured, disciplined program, as it is our belief that gymnastics is far too dangerous and costly to have training be considered just an opportunity for socializing. Our staff will demand respect and a strong work ethic from every athlete. We will enforce proper respect, attitudes, and manners at all times. Our objective is to see to it that every athlete who participates in our program receives the same quality instruction regardless of ability. Athletes will be treated with respect and provided positive guidance in order to help them reach their goals. We coach athletes to value not only gymnastics, but relationships, character, education and positive life influences. We, as coaches, measure our success by what each child takes with them when they leave the sport.

We strive to create a family-oriented environment. The coach, athlete and parent must all be supporting members of a cooperative communication triangle engaged to assist the athlete in reaching her goals. Parents can support coaching decisions by clarifying concerns with a coach in an open and caring way. It is important that parents show respect for the authority of your

child's coach. Know that our doors are always available to you should you ever feel the need to carry a concern to our coaches. We take all concerns and suggestions seriously. The staff at Chalk It Up Gymnastics understands that we must shoulder the major responsibility of being a role model for our athletes as they are major contributors in the overall development of your children. This is a responsibility that we do not take lightly. Chalk It Up Gymnastics would like all our Team families to know how much we appreciate your support. We have become very close to many families involved in our programs and sincerely hope to build even more lasting friendships in the future. With that said, we must also remind you that we are running a business and like any successful business, there are established policies regarding payment for services rendered.

Time Obligations Year Round Sport

Team gymnastics is a year-round commitment. It is critical to the success of your athlete that they are committed to this sport during both the school year and summer months. Gymnastics is a very unique sport. It is one of the few sports that require such a high time commitment at a relatively young age. We ask that you understand this obligation before accepting a spot on our roster. If for any reason, your family needs to take an extended time off, please make this known to the coaching staff and your athlete will be reevaluated upon their return. While we do support other activities, typically the participation in too many activities may result in inconsistent successes, increased chance of injury, as well as display a lack of commitment to all programs involved. There are times where personal sacrifices and compromises will need to be made. This is not saying that gymnastics should consume your life. Chalk It Up realizes that family, academics, and religion must all be priorities. Ultimately, we expect our athletes learn to budget their time when other activities arise and make fair, thought out decisions for herself.

Practices

It is expected that your athlete attends all scheduled practices. Gymnasts should arrive shortly before her practice time is scheduled to begin and be available to stay until the end of practice where they will be dismissed by their coach. We understand that many of you are juggling multiple schedules. All we ask is that you communicate any conflicts you may have in advance as possible, via email or text. There are no make- ups for any team practices missed.

Competitions

Each seasons competition schedule will be posted after USAG/AAU meetings roughly November and will include all important information including dates, locations, entry fees, entry deadlines, etc. Additional information can be found via your team snap and parent portal. All team members are expected to attend at least half of the scheduled competitions and are encouraged to attend all scheduled competitions. By attending all competitions, it ensures that you will obtain the most meet experience and best overall Team experience offered by being a member of a Competitive Team. Furthermore, it gives you the opportunity to track your individual progress, individually earn qualifying scores to State Championships, and give your Team the best chance in placing in the Team competition. However, if you have a prior obligation and cannot attend a scheduled competition, it is your responsibility to let the gym

know via email. All competitions you must register for via your parent portal before the deadline, failure to do so will result in your athlete not being able to compete.

Yearly Breakdown

June 1: Commit to Chalk It Up Competition Team for the next Competition Season.

June–October: Off season training to acquire the strength and skills required at your respective level. Each gymnast's competitive level will be being evaluated and determined during this time.

October–November: Final preparations for the competitive season.

November–May: Competitive Season

May- AAU & USAG states

May: Spring training and progressions for advancement into the next season.

June- AAU junior Olympics

Financial Obligations

All fees below are due, in full, on or before the listed deadlines. If a payment plan needs to be arranged please email the gym and we will be happy to help you.

Tuition: Tuition is due on or before the 3rd of each month. A\$30 late fee will apply to all tuition payments turned in after the 15th of the month.

Team Uniform:

The following items are required for all Team members to be worn to all competitions.

Modifications and customizations are NOT permitted to any part(s) of your Team uniform for any reason!

(1) Leotard: Customized leotard styles are worn for two competitive seasons before they are retired.

(2) Jacket - Jackets can be worn until outgrown, worn out, or until you opt to purchase a new one.

(3) Leggings - Leggings can be worn until outgrown, worn out, or until you opt to purchase a new pair.

(4) Backpack - Backpacks can be worn until worn out, or until you opt to purchase a new one.

Coaching Fee:

This fee covers your coaches' expenses for all scheduled competitions throughout the season, including coach wages, transportation and mileage, food and lodging, and team fees. You will be charged an extra \$25 per competition entry fees.

Competition Entry Fees:

Entry fees vary by level and meet. Each meet will have its own entry deadline. No late entries will be accepted for any reason, unless stated by the host gym.

AAU/USAG membership Fee:

All competitive gymnasts must obtain an annual AAU or USAG Gymnastics Membership in order to participate in any sanctioned competitions. You are not required to have both, unless you are looking to attend both leagues competitions.

Travel Accommodations:

Travel accommodations to and from competitions are made by each individual family. Host gyms may set up a "host hotel" where family's attending the meet can obtain discounted room rate. Please note that it is not required for you to stay at the host hotel; however, host hotels are typically the closest hotel to the meet venue. Most meets are within driving distance and do not require a hotel stay; however, this option is solely decided on by your family. If you are having trouble getting your child to/from a competition, it is recommended that you ask a fellow teammate to carpool. Boosters will also send information regarding where the team is staying!

Apparel and Equipment:

Each family is responsible for work out apparel equipment required to participate in the team program (i.e. practice leotards, grips, tape and pre wrap, etc.). Additional Team items may be available each year for purchase and may or may not be required.

Choreography (Optional & Xcel Levels):

Floor routines are created in house. Gymnasts typically keep their routines for two competitive seasons.

Athlete Expectations

Chalk It Up Gymnastics Team is built on a culture of respect and hard work. By these means, the athlete is predisposed to being successful and creating strong character traits. In order for this culture to be established and maintained, the athletes and parents must conform to the expectations of the team, the coaches, and the gym by adhering to these rules and policies. We will not tolerate athletes or parents that, by their words or actions, do not support the policies and values of our team program.

- All gymnasts should arrive to the gym physically ready to practice. This means that the gymnast has eaten a healthy meal within the appropriate amount of time prior to practice. Your leotard is on and hair is up prior to entering the facility. You have any and all equipment that you'll need in order to have a successful practice (including but not limited to a refillable water bottle, hair ties, band aids, tissues, hand sanitizer, deodorant, grips, tape, pre wrap, equipment needed to take care of rips (nail clippers, band aids, tape), athletic braces and supports, an extra leotard, feminine hygiene products (ages 11 and up should always be prepared), safety strap for glasses, contact case and solution, inhalers, etc.)
- All gymnasts should arrive to the gym mentally ready to practice. This means that the gymnast should arrive with intent to participate with a positive and competitive attitude. Gymnasts must have goals and be mentally and physically ready each practice to work towards achieving these goals. We understand that all days will not be perfect and the gymnast may become frustrated at times. However, any frustration that turns into negative behavior or disrespect towards coaches or other athletes will not be tolerated. In order to develop a successful working environment, the gymnast must be committed to excellence each and every day.
- Good attendance is essential to the success of the athlete. You should arrive on time and stay until you are dismissed. Attend all scheduled practices, competitions and team events.

- The gymnast is responsible for all assignments provided by the coaches. This includes skill based or conditioning based assignments. Cheating is the worst form of disrespect to your coaches, your parents, and most importantly yourself, and it will not be tolerated.
- Athletes must ask permission to leave the gym for any reason, including getting a drink or using the restroom. Walking away from a coach, back talking, arguing, aggressive behavior, eye rolling, profanity, inappropriate discussions, etc. are forms of disrespect and will not be tolerated.
- Communicate with your coach when you do not feel physically or mentally well. Safety is of utmost importance and the gymnast must listen to their bodies and communicate accordingly. We as coaches are here to help in any way and want the best for the gymnast rather than be gymnastics or non gymnastics related.
- Understand that the sport of gymnastics was built on the idea of being perfect. Judges are in place to break down everything the gymnast is doing wrong. They take away points and never add them back. Essentially it is the coaches' job to do the same. Although coaches mix in encouragement and fun, the gymnast must learn to take light criticism from the coaches and apply it. Gymnastics isn't easy, but adopting a negative attitude is. It's easy to blame others and make excuses. Put in the work. Stay positive and stay motivated. Gymnastics requires strong-minded, determined attitudes to overcome all the failed attempts before finally landing a skill. Trust the process. It requires hours upon hours in the gym in order to maintain, progress, and reach success. Be patient with yourself. Turn each and every defeat into a learning opportunity for growth with each endeavor you start as a beginner and learn proficiency from the mistakes you make. Know that mistakes can and will happen to everyone. Successful people learn from their mistakes and they build on their failures. The more chances you take the more failures you will experience and the more you will learn and grow as an athlete and an individual.

Parent expectations

The parent can have the most difficult role in the gymnast's career. While everyone involved (Parent, Gymnast, Coach) are equally important, the parent has the smallest role in controlling the performance of the athlete. At the same time, the parent has the greatest sense of emotional attachment to the performance. This high level of emotional investment and low level of control can lead to stress on the parents' part. Due to this, parents' have been known to lose sight of the important role that they have to play which is to provide support to their child in all situations.

Be your child's biggest supporter. Show your child unconditional love and encouragement. Children need to feel loved when they are victorious and even more so when they are defeated. Athletes need to be able to take chances, whatever the outcome. Don't send the message to your child that they have to win in order to receive your love. Athletes who know defeat or have performed poorly already feel bad. Let your child know you believe in them and their abilities. The important thing is that they tried their best. As long as hard work and dedication is there improvement is guaranteed to follow.

Make every attempt to have your athlete to all scheduled practices, competitions and team events on time. Do your best to be prompt when picking up your child. We understand that each athlete is a student first. There will be times that the athlete must miss practice to a large school workload or school event. Please communicate with us if any such conflict arises by sending us

an email or text. If you are going to be late picking up your child, please call us so that we are aware and can notify your child.

Physically, make sure your child is well nourished, hydrated, and well rested for each practice. Encourage good diet and sleeping habits. Nutritious meals both before and after work outs are essential to your athletes training.

Team families are expected to be advocates of Chalk It Up Gymnastics and its coaches. We expect every parent or guardian to set a good example for their child. There is never a positive outcome from gossiping and it can only cause harm to everyone involved. Never compare your child to another gymnast. Every gymnast and situation is different.

You are expected to adhere to gym rules and policies established by Chalk It Up Gymnastics. Understand that sometimes policies and procedures may need to be revised for the best interest of all in the gym.

We are honored that you have chosen Chalk It Up Gymnastics as the gymnastics to educate your child. Please know that this is a responsibility that we do not take lightly. We take pride in the development of your child, the athlete, but also your child, the person. Please respect that we have each individual child's best interest at heart.

Gym Rules and Policies

Safety: Our club endeavors to provide a safe training environment for all its athletes in all programs. Equipment is updated and cleaned on a regular basis; however, it must be recognized that even with constant vigilance inherent risks are involved with the participation in any sporting event, including gymnastics.

Equipment: No one is allowed on any of the equipment or matting without the supervision of a coach. All gymnasts are expected to be respectful of the gym and its equipment at all times.

Communication:

We use email as well as Teamsnap as our main source of communication with our Team members. We ask you to also communicate with any information relating to your athlete (i.e. missing practice, vacation dates, injury, illness, questions, concerns, etc.). Our gyms website, and social media sites are primary resources for current information. While we encourage you to ask questions, please make sure to check your resources first as your answer may already be available to you. If you need to set up a meeting with a coach for any reason, please send us an email and we will get back to you promptly.

Dress Code:

All Team gymnasts must wear a leotard or sports bra and shorts. Shorts are permitted at practice. Hair should be tied back securely and out of the gymnasts face. Bare feet. No jewelry (stud earrings okay for practice). Leave all valuables at home. Gymnasts should be prepared with any and all equipment that they may need in order to have a successful practice (including but not limited to a refillable water bottle, extra hair ties, band aids, tissues, hand sanitizer, deodorant, grips, tape, pre wrap, equipment needed to take care of rips (nail clippers, band aids, tape), athletic braces and supports, an extra leotard, feminine hygiene products (ages 11

and up should always be prepared), safety strap for glasses, contact case and solution, inhalers, etc.).

Attendance and Punctuality: Gymnasts should arrive before the start of class early enough to take care of bathroom needs and outer clothing removal so there is as little disruption to class time as possible. If an athlete is going to be ABSENT or LATE for any class, the gym should be notified via email or phone call (leave a message if no one is available to take your call).

Driver Responsibility: Please pick up your gymnast in a timely fashion. Gymnasts should be picked up within 5-10 minutes of their class being completed and dropped off at least 5 mins prior to the start of their class. It is very important for the safety of everyone that the coaches are aware of who is in the gym at all time- please inform us if someone besides you will be picking up your child. If your child is going to be early or late just let us know so we can be aware!

Locker Room: Team members will pick a locker in the Team locker room. Do not take or move things from a locker other than your own. Do not leave food and water in lockers overnight. Wet shoes and spilled drinks can leak into the lockers below yours and ruin someone else's belongings. Please keep water and shoes in their designated areas. Trash is to be thrown away before leaving practice. Be respectful of your gym and your teammates and keep your locker room clean. Phones and electronics are not to be used during practice for any reason. We are not responsible for lost, damaged, or stolen items. It is the responsibility of the athletes using the locker room to keep it clean and tidy.

Communicable Infections: All open wounds, such as cuts and blisters, along with contagious infections, such as warts, athlete's foot, impetigo, ring worm, etc., must be securely covered with band aids and athletic tape PRIOR to entering the facility and remain covered until you leave the building. If you are febrile, have pink eye, lice, etc. you are not permitted to enter the facility for any reason. These illnesses are all highly contagious. Athletes who show up to practice in this state will receive a call to go home to ensure the facility is safe for all other students and employees. It is the responsibility of the parent to make sure all contagious infections are covered and in the process of being treated by a medical professional.

Injuries and Severe Illnesses: If an athlete is unable to continue training because of an injury or any medical reason please let Chalk It Up aware. If your gymnast is injured, do not assume that she cannot practice. In many cases, gymnasts can continue practicing doing modified workouts including stretching, conditioning, flexibility and whatever else is possible while recovering.

Procedure for Rips and Grips: Understand that rips are inevitable. They are caused due to friction between the hands and equipment. To treat rips you should wash hands with warm water and soap, cut off excess skin around the rip, and let air out as much as possible. When you get a blood rip or blister, it needs to be covered during practice. Although speculated, grips DO NOT prevent rips. Grips are used to enhance a gymnast's grip on the apparatus. Grips are

optional and are not used by all gymnasts. They are NOT required for any level but, however, may be purchased upon entering Level silver.

Observation Area: Observers must follow the gym's safety rules. Please refrain from gesturing, signing, or correcting your child while they are on the gym floor. Please do not attempt to coach or speak to your child while in class—leave the coaching to the coaches. These kinds of distractions can be dangerous to all athletes on the floor and could result in injuries. Parents who wish to take pictures or record their child MUST make sure that they turn off the flash on their device. Children not participating in class should remain seated with their parent in the observation area under their supervision at all times. Unless a child is in a class, NO unsupervised children are allowed in the building. Gymnastics skills are not to be attempted in the observation/lobby areas. Observers are expected to be respectful to our facility and property. Noise levels should be kept to a minimum as not to distract from any athlete or coach on the gym floor, and to be courteous to the other observers who wish to enjoy that area. Observers not following these safety precautions will result in being asked to leave the observation area or the building.

Media Release: Chalk It Up Gymnastics reserves the right to use the athlete's name, photos and/or video footage that may be taken for promotional purposes on our website and social media accounts.

Make-up policy: There are no make ups within the Team program. Tuition is determined annually and has been divided into monthly payments for your convenience. Team tuition rates per hour are drastically lower than recreation classes .

Refund Policy: All Team expenses already paid to Chalk It Up Gymnastics are non-refundable for any reason.

Gym Closings: You can expect very few gym closings due to competitions, holidays, and inclement weather. These closings have been factored into the annual calculation of your team tuition and will not be rescheduled. Closings due to competitions will be decided on after the meet schedule has been received. As a rule of thumb, if your level is scheduled to compete on a day that you would normally practice, then practice may be canceled for your level, whether you are attending that meet or not. Gymnasts are not permitted to practice with another level or practice group.

Inclement Weather: In cases of inclement weather, we tend to go based off of the school districts, however In some cases roads are clear by late afternoon when most classes start. Should we need to close, we will send an email and post that we will be closed on our website and social media sites.

Disciplinary Action Policy: The development of the coach/gymnast relationship is vital to the success of the athlete. Therefore, we cannot and will not run to the parent every time there is a problem. We will attempt to build our own relationship with our athletes. Those relationships are built on time shared, belief in the same dreams and values, work performed together, and the

emotional ups and downs that are part of all important ventures. The downs include discipline problems that we will work to solve within the framework of building a relationship. In the instance we need your help to overcome a challenge that is too much for us to accomplish on our own, we will contact you. The coaches and staff of Chalk It Up Gymnastics reserve the right to remove any gymnast who may be disrupting the progress of a class or endangering themselves, the coaches, or other gymnasts.

Practice facility: Please be aware that all gymnasts enrolled at our facility are not permitted to practice, take private lessons, or attend camps at any other gym. If your child requires additional one-on-one instruction, please reach out to us directly or our coaches will contact you. Our priority is to support your child's gymnastics development and provide a comprehensive learning experience. This shows mixed signals to both your coaches and the gymnastics facility. Your membership is exclusive to Chalk It Up and you are not permitted to share your membership with others or use it to gain access to other facilities.

Parent to coach relations-

At Chalk It Up, we believe that maintaining a positive and professional relationship between parents and coaches is essential for the well-being and success of our athletes. To ensure this, we have established the following guidelines:

- * To maintain a healthy and professional dynamic, parents are not permitted to obtain coaches' personal contact information, including their cell phone numbers, social media profiles, or any other personal details.
- * All conversations and communications with coaches should be conducted in a respectful and professional manner.
- * Any communication or concerns should be directed to the gym's email or phone number, and not to the coach's personal channels.
- * This policy helps to protect the well-being of our coaches, athletes, and parents, while promoting a positive and supportive team environment.

By respecting these guidelines, we can ensure that our athletes receive the best possible coaching and care, while maintaining a healthy and professional relationship between parents and coaches.

Schedules: Our meet schedule will be available to our Team members late September and will include meet weekends, locations, entry fees, and payment deadlines. Competition season runs approximately November thru May. Having meets starting November/December. While the meet weekends are listed for the meet, you are not required to be there the entire meet weekend. Each level will be assigned a "session" on one day over the weekend. Each session lasts approximately 4-5 hours. Session assignments will be available 1-2 weeks prior to the actual meet date. Parents are NOT permitted to contact the host gym for any reason. Once we receive the meet schedule, it will be posted at the gym, our website, and sent via email.

Spectator Admission/Parking: Meets that take place in major cities may incur parking fees. Prepare to pay admission at each competition. Admission fees typically range from \$5-\$15 per person.

How to Dress: Any piece of the Chalk It Up Gymnastics Team uniform is NOT to be permanently modified or customized. It is to remain the same as how it looked when you picked it up from the gym (gymnasts' name should be printed on the INSIDE TAG of each of her garments). Gymnasts should have their Bag ID Tag or ONE identifying item on her Bag. Gymnasts are expected to arrive in their leotards and warm-ups. Please make sure to wear appropriate outer wear and shoes into the venue as weather permits. Hair is to be done neatly and secured tightly so that it won't fall or need fixing during the competition. Gymnasts are not allowed to wear any jewelry or nail polish on their hands or feet per AAU/USAG policy. Undergarments, if worn, must match your leotard or skin tone and must be completely hidden under your leotard at all times.

What to keep in your Bag: Do not use your backpack as your suitcase for overnight meets. Please use a separate bag. Your backpack should only contain your meet necessities so they can be easily accessible during a meet. At all times gymnasts should carry the following items in her meet bag: a re-sealable water bottle, grips, equipment needed to take care of rips (nail clippers, band aids, tape), athletic braces and supports, tape and pre wrap, band aids, tissues, hand sanitizer, deodorant, extra bobby pins, hair ties, hair clips, hair spray, brush/comb, a spare leotard (preferable in team colors), feminine hygiene products (ages 11 and up should always be prepared), safety strap for glasses/contact case and solution, inhalers, and a healthy snack. It is recommended that optional levels carry a spare pairs of grips and copy of her floor music.

Gymnast Behavior and Sportsmanship: Gymnasts are expected to present themselves in the highest standard. Be courteous and respectful, not only to your own teammates and coaches, but to ALL the competing gymnasts, their coaches, parents, spectators and judges. You are expected to watch and support all of your teammates. Your attitude and how you carry yourself is important. If you mess up, do not let it get to you, do not cry, and do not take it out on your teammates or coaches. You must learn to pick yourself up and move on before it affects your other events and your teammates' performance. Negative attitudes, hysterical behavior, arrogance, and connotative gestures or comments are unacceptable and do not represent Chalk It Up Gymnastics in a positive manner. This type of behavior will not be tolerated and you will be removed from the competition and/or awards ceremony immediately.

Entering the Meet: Gymnasts arrive with a parent/guardian or teammate at the "check in" time. Gymnasts must check in while spectators will go to the admission line. After check in, or if there is not a check in, you are to find your teammates and sit together quietly near the competition area. Your coach will pick you up and escort you into the competition area at the designated "stretch time". Gymnast check in time is solely for the gymnasts and families to get situated in the meet venue. Your coach is not required, nor compensated, to be present at this time. Once gymnasts have entered the competition area, you may not leave for any reason other than to use the restroom, in which you must ask permission. Gymnasts are not permitted to interact with

parents, siblings, or spectators throughout the entire competition. After the competition ends, gymnasts will be escorted by a coach to the awards area, where they will sit together as a team and wait patiently for awards to begin. It is at this time that they may have their snack they've brought. Once awards start, all food must be put away until the awards ceremony ends. During the ceremony, we expect all gymnasts to be attentive and respectful. After both the individual and team awards have ended, gymnasts will then be dismissed to their parents. All gymnasts are expected to clean up their mess and throw away all trash before leaving the awards area. We expect our gymnasts to be respectful to the host gym and meet venue.

Parent Behavior: Per AAU/USAG rules, spectators and parents are not allowed to enter the competition area for any reason. In the case of an emergency, you must wait for a coach to flag you in or we will bring your child to you. Parents should refrain from distracting their children during competitions. Never approach a judge or meet official before, during, or after a meet for any reason. Questions or concerns can be answered by your coach. **NO FLASH**

PHOTOGRAPHY is permitted at AAU/USAG sanctioned competitions. This is for the safety of all gymnasts and coaches. Turn off flashes/spotlights on all recording devices before the meet begins. Judges and coaches will stop a meet to reprimand anyone disregarding this rule.

Parents should understand that the gymnasts must sit with their team throughout the ENTIRE competition and awards ceremony. Gymnasts will not be permitted to leave until after all team awards have finished. If you, the parent/guardian, needs to leave early then you must let the coach know.

Gymnastics Community: Gymnastics is an individual sport and a team sport; however, gymnastics is also a very small community. In this community the parents, coaches, judges, and gymnasts must stick together for the sport to thrive. We expect this logic and behavior to be exhibited by everyone in and out of the gym, and especially at competitions. Many times at meets we rotate with other teams from different cities, states, or counties. You are expected to be encouraging toward all other gymnasts and teams. Upon reaching high levels of gymnastics the "fish pond" grows significantly smaller. Many optional level gymnasts compete alone, or with few teammates, and with considerably less people in the stands supporting them. Other gymnasts, teammates or not, understand all the hard work, fears, and frustrations that you endure on a daily basis. Of course we want our gymnasts and teams to be successful; however, we also aspire to create reputable young people who will become respectable adults with strong values. For this reason, it is important that everyone sees the big picture and comes together to view the sport as the community that it is.

Level Advancement:

Our advancement policy is not "etched in stone" due to the variety of circumstances involved. Our main priority is to build happy, healthy, and confident athletes with strong basics. We can be sure to meet this goal by placing each gymnast at the level where they can comfortably and safely perform the required skills. Before a gymnast can move to the next level, they need to demonstrate that they can be competitive at their current level and have mastered the next level skills. Level advancement cannot be compared to moving up grades in school, nor can we guarantee a gymnast will move on to the next level each season. Gymnasts will advance at the time in the season that is deemed appropriate by the coaches. We would like to assure you that it is common to remain in the same level for multiple seasons. On the other hand, should a

gymnast be highly advanced beyond her level, it may also be attainable for that gymnast to move up a level. At the end of each competitive season, your coaches will either recommend you to remain in your current level or invite you to move up to the next. You are never forced to move up should you feel that you are not ready or mature enough for the next level. Level mobility is determined based on, but not limited to, scoring and placement at your current level, understanding and mastery of next level skills, mental attitude, strength and flexibility, attendance and work ethic, maturity, and emotional standing. Due to the fact that we are unable to predict a child's advancement, be advised that any gymnasts' level assignment is subject to change at any time. We request that you respect and trust your coaches decision as we aim to do what is best and safest for each gymnast at this current moment in their gymnastics career. We are setting our goals high in an effort to prepare our girls properly for the higher levels of gymnastics. With each level of gymnastics comes increasingly harder skills and an increased level of risk. It is in the best interest of your child that you avoid being blindsided by your own ambitions for your child.

Finally we are so excited for you to be apart of our Chalk It Up family. Our main goal is to provide the best experience for you and your child. Please feel free to email chalk it up with any questions or concerns at any time. We understand that this is a big commitment and can be confusing at times, we are here to help!