



FLIPS
GYMNASTICS
North Shore



Welcome to the Flips' Women's Gymnastics Team

General Club Info:

Flips Gymnastics is a privately owned gymnastics club. The owner is the head of the competitive program, making all decisions on team practice hours, competitions, uniforms, hiring, assigning coaches to rotations and meets, and private lessons. All team coaches are USA Gymnastics' Professional Members and are safety certified and background checked.

Flips Gymnastics is a USA Gymnastics Member Club that competes within the Junior Olympic Program. We compete November-May, in Invitationals and State and Regional competition for those who advance. At Flips, Levels 1 and 2 (Jr Preteam, Pre-team, and Xcel Pre-team) are developmental, and Levels 3 & Xcel Silver are the first competitive levels. We participate in approximately 5-7 invitationals per season. Competition is mandatory, and those who wish to learn gymnastics outside of a competitive setting are encouraged to remain in a Flips recreational class.

Philosophy:

At Flips, we believe that all team gymnasts should progress to their best gymnastics potential at their own individual pace, while building confidence and gaining meaningful relationships, as well as positive character traits that are needed throughout life. Our team coaches offer encouragement and corrections when needed, and praise when deserved. We compete under the sanction of USA Gymnastics. We follow the Junior Olympic program, beginning competition at level 3 and Xcel Silver.

Xcel and JO Program differentiation

The Junior Olympic program and Xcel program are both equally competitive in the sport of gymnastics. At Flips we maintain fluidity between programs based on what is best for each individual gymnasts' ability and goals. A gymnast may begin in Pre-team and move to the Xcel competition team and vice versa. The Junior Olympic program is the original competitive organization (Levels 3-10) through USA Gymnastics. It involves learning compulsory routines with strict adherence to the text outlined by USAG. As a gymnast moves up in the levels in this program practice commitment will increase respectively. The Xcel competitive program (Silver-Platinum) offers more flexibility in that the coaches are able to construct each individual gymnasts' routine based on their highest ability on each event. This program also offers consistent practice obligations throughout the levels of difficulty to allow gymnasts to pursue multiple activities.

As a member of the Flips' team your gymnast will learn:

Artistic gymnastics with proper technique and form

That the joy of gymnastics comes with individual accomplishment

How to positively interact with coaches and teammates

The habit of hard work and dedication (characteristics that will last a lifetime)

How to commit to the sport and still maintain a balanced lifestyle

Flips' Team Member Requirements:

In order to become a member of our team, all gymnasts must show a desire to compete in the sport. We also require above average strength and flexibility. In order to compete at a specific level, the gymnast must show all skills at 95% proficiency and proper technique in executing all skills.

Mobility:

When deciding a gymnast's training level for the upcoming season, our team coaches will make the decision that is in the best interest of the gymnast. It is not uncommon for a gymnast to repeat a level in order to master all skills, while building a solid foundation for success at the following level. The more mastery a gymnast has at one level, the more confident she will be moving forward in the sport. Within the Women's competitive program, there are many different age groups determined by the gymnast's birthdate, and all age groups are respectfully competitive. We value all of our gymnasts the same, despite their age group and level. The final decision in moving a gymnast to the next level will be made by the Flips' coaching staff. **Official evaluations are done on a yearly basis and mailed out in March indicating the practice group each gymnast is best suited for beginning in June.** Though we do our official evaluations in February/March our experienced developmental coaches are constantly observing that each gymnast is being challenged to reach her highest potential. If a level change is necessary you will be notified immediately.

WE DO NOT BELIEVE IN ANNOUNCING TO A GROUP OUR DECISION ABOUT THE LEVEL THAT WE HAVE CHOSEN FOR EACH GYMNAST. THEREFORE, ALL MOBILITY WILL BE NOTIFIED BY AN INDIVIDUAL BASIS WITHIN AN EMAIL, OR PERSONALLY DISCUSSED WITH THE GYMNASTS HERSELF.

Developmental Team Showcase

Each May, we give our developmental team girls an opportunity to experience a meet like setting. This will take place on a Saturday afternoon at Flips. All participants will be required to purchase the spring/summer leotard that will be worn on this day. The girls will receive a medal for their participation, and in addition our competitive

girls team will be in attendance to put on a demonstration. This is a mandatory event. The showcase is a confidence booster, and offers the girls a chance to show their parents, grandparents, coaches and girls' competitive team all of the skills they have been working so hard on! This will be a non-scoring meet.

Private lessons:

We do not offer private lessons until a gymnast has reached their first competition season. We discourage any private lessons done outside of our program because it might interfere with the Flips training program in place.

Attendance:

At Flips, we recognize the importance of family time, and feel that we contribute to the well roundedness of our gymnasts, therefore, we do allow our team to participate in other activities within reason. Keep in mind, **THE BETTER THE ATTENDANCE, THE MORE LIKELY A GYMNAST WILL PERFORM TO HER POTENTIAL.** If there is a reason that your gymnast will miss practice, please notify us by phone 847-367-6555, or through email attendance@flipsgymonline.com.

Summer attendance:

Any gymnast missing more than 6 weeks of the 10 week summer training will be thoroughly reevaluated to determine practice level. All costs of the running the team will remain the same, even in the absence of your gymnast, therefore, in order to secure your child's spot in our program, all dues must remain paid and will not be prorated. This policy is in place for all developmental and competitive levels. In addition, please note that due to the inconsistency of summer attendance, training groups may be adjusted accordingly.

Injury attendance:

We encourage our gymnasts to attend practice at 50% while healing from an injury. Only conditioning (non-injury half) and stretching will be done with a doctor's consent. **Tuition fees will not be prorated for injuries acquired outside of Flips.**

Tuition Fees:

All monthly/semester team tuition fees are determined at a yearly cost and broken down into the required fees. To the benefit of the families, the cost per hour decreases as the practice time increases for each level. **We do not prorate for time missed during any weather, holiday or maintenance closings.** All practice schedules are determined by the Flips' owner. All payments are due by the first of the month, and assessed a late fee of \$20 by the 10th of the month. We do not require any family to pay a yearly Flips' registration fee. If at any time you decide that you do not want to continue to be a member of our team, your tuition fees will cease the following calendar month. No money will be refunded for the current month.

Auto charge accounts:

All developmental team members must be enrolled in auto charge, please sign the consent form and turn it in at the front desk. All monthly fees will be put through on the first of the month. Any additional fees will be put through on the given deadline, unless an alternate form of payment has been made. If you feel that you have been mistakenly charged an incorrect amount that you haven't been notified of either via email or US mail, or in person, please contact the billing office. Otherwise all fees are non-refundable.

Sportsmanship:

All of the policies are MANDATORY WITHOUT EXCEPTION:

- 1) All gymnasts will treat one another with respect. No hurtful criticisms, judgements, or statements will be tolerated whatsoever when it comes to teammates behavior to one another.
- 2) All gymnasts will treat each coach in a respectful manner. Any inappropriate comments, or arguing with a coach will not be tolerated and addressed with the parent(s) after one warning.
- 3) All gymnasts will treat the Flips training gyms with respect, and keep any personal belongings put away properly. Gymnasts are expected to throw away any personal garbage. Gymnasts are also expected to help put mats away when used, and fluff the pit or adjust equipment when needed.
- 4) All gymnasts are expected to enter the gym on time for practice to the best of their control. No lounging in the lobby once practice time has started.
- 5) All gymnasts are expected to wear the proper **practice unifom**. Leotard only (no biketard or shorts) with the exception of Saturdays when gymnastics shorts are allowed. If there is any other reason that a gymnast may need to wear shorts to practice, please let a coach know ahead a time and an exception may be made. All gymnasts are required to keep a grip or small tote bag on their hook with personal belongings (tape, grips, rubberbands, brush) on their hook. Grips are required during the summer season prior to Level 6.
- 6) Food-All snacks, sports drinks need to be eaten before or after practice. No food or sports drinks are tolerated within the training gym. Clear sports drinks are fine. Again, gymnasts need to treat the gym respectfully and in the same manner they are expected to treat their school or home. If there is a medical reason that your gymnast needs to eat a snack during a 3 or 4 hour practice, please contact the head coach to see if there can be an exception made.

Parent Involvement:

We believe that the success of a gymnast is a result of the positive relationship within the gymnast-parent-coach relationship triangle. We encourage you to offer support to your gymnast and club, but be careful of over involvement that might negatively impact the confidence that the gymnast has of the program and coaches. **We will require one full day of volunteer work per season per gymnast. Volunteering information will be communicated via email. A charge of \$300 will be applied to each family account who chooses not to**

participate. Any family member age 16 or older may work to fulfill the volunteer requirement.

Current info on file:

It is the parent's responsibility to notify us of any address, email, or phone number change. Each year, please stop by the front desk to make sure that your information is current.

Please do:

Let your gymnast know that it is not failing to repeat a level. Gymnastics is an individual sport and everyone will master each level at their own pace.

Praise your daughter when she has made improvements.

Encourage her to do her personal best before a meet.

Approach any questions/concerns for a coach with a calm respectful manner.

Keep a positive open relationship with Flips, and communicate any absences.

Cheer for each gymnast at meets.

Be a cheerleader for Flips outside of the gym.

Allow extra time in your schedule to arrive to meets/practices on time.

Pay all fees on time.

Make the decision to be a part of Flips based on what is the best overall fit for your gymnast

Encourage a positive relationship between your daughter and the entire Flips staff

Realize that our program is set up by Coaches and the Flips' Owner and we do not make changes to our existing program and policies based on parent requests

Please do not:

Set expectations of scores or put deadlines on skills for your daughter (such demands may be out of a gymnast's control)

Point out her deductions after a meet

Offer corrections to your daughter while viewing practice

Approach a coach on the competition floor or within the training gym

Allow a relationship between coach and gymnast outside of the gym, it will interfere with her long term goal.

Speak of Flips in a negative manner in the bleachers, or in the Flips lobby

Compare your daughter to other gymnasts. This is damaging. All of our gymnasts are unique and progress individually.

FEEDBACK AND QUESTIONS:

We do believe in effective communication. Please address any questions or comments through an email or message at the front desk. Either a coach, or office manager will get back to you. Texting a coach; calling a coach on their personal phone number; or approaching a coach while working; is not an acceptable form of communication. If you need to email a coach, please address the email to haley@flipsgymonline.com and it will be forwarded to them. Any situation requiring further discussion will be addressed in a conference set up by the Flips owner.

Parades:

We participate in the Lake Forest Day Parade that takes place on the first Wednesday in August. Girls wear their spring/summer leotard.

Birthday treats:

We allow gymnasts to bring treats on their birthdays with the exception of frosted cookies, cake or cupcakes. Please bring enough for all team girls training at that practice time.

Open Gym:

Flips team members are allowed to attend the Flips' open gym only. We do not allow our competitive girls to attend open gyms at other clubs, unless it is approved ahead of time.

Summer fun:

Each summer, we bring our inflatable waterslide to the back of the property and the girls love to use it to cool off at the end of practice. Please bring a towel each Friday during summer training. In addition, we allow girls to eat freeze pops on hot days, so please bring in a box occasionally to fill our supply!

Picture Day

Every other May, we bring in a professional photographer to take individual and team photos of the girls. All girls will be photographed in their spring/summer leotard. Photo packages and souvenirs are available for purchase through the photographer.

Photo consent:

We occasionally use pictures of the girls (no last names) on our website, mailings, or literature. If you do not wish for your daughter to be present in these photos, please make it

known to our office managers, and mark the appropriate selection on your child's information and waiver.

LOOKING AHEAD TO COMPETITION YEARS...

Meet fees:

All yearly USAG membership fees and form will be due the first of August. Yearly meet fees will be divided into two installments, and due on the first business day of September and November. Meets are entered months in advance and therefore, the fees will not be reimbursed for any reason whatsoever unless we are able to request a refund from the meet director due to athlete injury (medical note required). All meets costs are a combined total of the following: meet entry fees, coaches' pay, and coaches' travel and expenses. State and regional fees are a separate expense and to be determined during the week after the last qualifying weekend. At Flips' we participate in about 5-7 meets and a state meet (must qualify). Each meet runs approximately \$125 per meet.

Uniform fees:

We use each uniform for two consecutive seasons. If the gymnast outgrows the uniform after season one, the parent will be required to purchase a new one. Costs will be determined in July and notification of uniform fees will be sent to the parents via email. Uniform fees are non-refundable. If a gymnast does not continue within our program before she is given her uniform, we will keep it within our possession. We will attempt to sell the uniform, and if we are able to sell it to another gymnast, you will be refunded the uniform fee. We also require each gymnast to purchase a spring/summer leotard that will be used for gym events, pictures, and parade participation. Information will be given about the spring/summer leotard at the end of each competition season. Our uniform includes the Leotard, Warm-up, and bag and usually costs \$325-\$400.

Meet travel:

Please book hotel reservations for your family in advance. Refer to the www.ilusag.com website for calendar and state hosting information, and hotel information. You can always book in advance for multiple days and cancel once you have found out your gymnasts' session time.

Meet days and times:

The host meet director will usually determine session times about 10 days prior to the competition. We will give out information by email as soon as we learn of it. Please do not call host gyms as they have hundreds (maybe thousands) of competitors.

Meet coaching:

It is the owner's responsibility to assign each meet session to the appropriate coach considering the best interest of all Flips' gymnasts and programs.

Meet attendance:

All meets are required. If for any reason a gymnast needs to miss a competition, please let us know ASAP in order to deduct this cost from your meet installment prior to it being charged.

I authorize Flips Gymnastics Ltd to charge the credit card on file, automatically each month for all monthly tuition. I understand that the fees are non-refundable.

I further authorize Flips Gymnastics Ltd to charge the credit card on file for all uniform, meet and open gym fees on the date due (notified by email or US mail), considering that the fees have not been previously paid by an alternate method. I understand the no refund policy stated in the Team Handbook regarding tuition, meet, and uniform fees.

TEAM HANDBOOK

I have received, read, and understand as a member family, that Flips' policies cannot be changed or modified for any reason. I agree to the policies stated in the handbook, and will abide by them as long as my daughter is a member of the Flips' Women's Team.

Parent Name (Printed)

Parent Signature and date

Email address for all notifications
