

Fall 2017 Team Parents Meeting FOLLOW-UP

Welcome to new members! We have a very exciting year ahead of us and we are excited to have new people joining our FVG family!

Reminder to update your family information on your FVG account, including updated addresses or emails and emergency contacts. It is recommended to have at least 3 phone numbers listed on your account.

Review Calendar attached: Important Dates! (Full Calendar in the Updated Handbook)

- **November 22nd:** Thanksgiving Eve – Early Practice 3:30-6:30?? We will confirm the time. (For levels that normally attend Wednesday's practice– Levels 3, 4, 5, 6, 7, 8, 9)
- **February Break-** Shortened to just Monday and Tuesday, 2/19-2/20
- **FVG is proudly hosting CT Special Olympics again this year!** Sunday, February 25, 2018 more details will be discussed at a later date.

NEW: The Team page on FVG website <http://fvgandmore.com/> is now active. Here you can find team calendar, meet details, as well as general team information!

- **Password: gofvg**

What is the Team Fee (Assessment fee)???

FVG TEAM FEE (Assessment Fee): **Please read full updated section in the attached handbook****

The Team Fee is a yearly fee that is used to pay for all additional team expenses outside of the monthly tuition (monthly tuition covers for training hours in the gym). The outside expenses include the coaches fees at competitions, flowers for the girls at state and regional championship meets, sanction fees for home meets, Level Teams entry fees at invitational meets and state meets, team awards trophies and dinner at annual Team Awards Banquet, Senior gifts and flowers.

The Team fee owed is a budget amount that is determined based on the number of team members for that year and the estimated expenses for the season. The total budget for the year is then divided evenly by the number of gymnasts on the team. This determined amount per gymnast can be paid in full or paid in two payments (Oct & Feb). All team members have the opportunity to fundraise to help offset this expense. All fundraising efforts must follow the below guideline.

2017-2018 Team Assessment fees are \$376 Yearly (check or cash only) Can be paid all at once or in multiple payments. However, the first half (\$188) is due in October 2017, and the balance due by February 1st 2018. Team Fees are cash or check only- however they will be posted on your online account as \$396, if you choose to pay online you will be expected to pay the additional \$20. If you bring in cash or check or fundraise they amount due will be adjusted to the \$376. If you choose to do the fundraiser, the balance owed will be determined when the fundraiser closes.

FVG FUNDRAISING GUIDELINES

All Fundraising efforts and profits must benefit a group / team in whole. Profits can not be in the benefit of one individual nor can they disclude anyone from profiting from the monies earned.

All fundraisers are parent organized and gymnasts participation is optional.

Fall Fundraiser- As discussed at the meeting, Tamara Kirk (Level 5, Lily Kirk's mom) will be organizing the Holiday Wreath Fundraiser again. This has been a huge success in past years and is encouraged for all to participate. She will be sending out more information about the fundraiser soon.

Uniform Next Year- Leo? Warm-up?- 2018-19 Potentially new warm-up jacket, and keep the same leggings and Leotard style.

Monthly Tuition Adjustments as of November 2017-

Xcel Silver & Gold- \$161

Xcel Platinum / Diamond- \$201

Level 3 / 4 - \$208

Level 5 / 6 - \$248

Level 7+ - \$296

Add on Practice fee- \$22 per practice added.

Billing- by request billing will now be done quarterly on your online account. Therefore you have the option to pay 3 months at a time or separate payments into smaller increments. Or you can still make payments monthly.

Pro Ex Physical Therapy-

Will be here at FVG on Wednesday October 11th 7:00-8:00

We are excited to begin a working relationship to hopefully provide a network and resource for the gymnasts and coaches. Our goal together is to help the girls stay healthy by being proactive and smart with any needed rehabilitation to keep the girls in the gym as much as possible. Please sign up if interested. We are hoping to have them come to FVG monthly. A parent may need to be present during any screenings. Please let me know if you want to sign up or are interested in more information. I have also attached a updated waiver for anyone that plans to attend the screening on 10/11/17

Meet Reminders:

GENERAL INFORMATION ABOUT COMPETITION

This is a competitive program and girls need to be interested in competition in order to be a team member. It is required that the gymnast compete in at least 6 meets per season.

However, it is recommended that the gymnast compete in as many meets as possible. This is what they train for and it will help them achieve their full potential. (Think about this! Would you sign your child up for soccer and not let them play in the games?) Participation

at state championships is expected (if qualified). They are a very important part of the team as well as getting the whole experience of being on a competitive team. Levels 7+ also have the opportunity to qualify to represent CT in the region 6 championships. Regional qualifying varies by level.

- **Please see meet Guideline section of the Handbook for additional competition information**
- **Meet Uniform and Hair:** All gymnasts are required to wear a full FVG uniform at competitions. For your gymnasts safety and to help with a professional image for our gymnasts and our team please be sure their hair is pulled back properly for meets. I recommend having them practice with their hair this way too so they can get used to it. Also having their hair secured tightly during practice will cause less of a distraction if they are constantly fixing it.
- **Skill & Level Requirements:** Girls will not be allowed to compete a specific skill (or event) in competition unless they are able to do the skill/skills by themselves in practice. It is important for the girls' safety that they are comfortable with their routines as to avoid injuries.
- **Home Meets:** We will need parent volunteers and involvement to set up and run all home meets efficiently. Volunteer positions include: Concession stand, door admission, event timing, score table, etc. Gymnast volunteer positions include: Score runner, score flasher, event timing. Volunteer sign ups will be posted prior to each meet. Gym set up Saturday, October 28th 3:00-5:00. Thank you for your help in advanced.
Sunday, October 29th, 2017
Schedule - TBD
FVG Valentine Invitational February 17-18, 2018- Levels 3, 6-10 & Xcel
- **RI Invitational:** View additional information about the meet at rhodeislandinvitational.com including hotel information. Book your hotel ASAP as they are filling quickly!
- **Friday Meets:** Please note that meets are sometimes on Fridays. However, it is now against our gym policy to compete during school hours. Most meet directors have been receptive to my requests and will try not to schedule us during the day on Fridays. However, some meet director were not able to give this guarantee, therefore if they are scheduled on a Friday during school hours we will pull out of that meet. (Also reminder DGS meet may be on Monday 1/15/18, MLK JR Day)
- **Meet payments:** All meets balances are now due.

Other Reminders / Updates:

- **Missed Practices:** If your daughter will be missing practices for any reason please send an email letting us know. This helps us plan practices more efficiently, and allows for other gymnasts to schedule add on practices. Good communication is also helpful in helping us understand your daughters commitment to her gymnastics.
- **MULTIPLE SPORT / ACTIVITY PARTICIPATION:** We understand that children and families like to be involved in many activities, and see the benefits of developing a well rounded athlete and individual, however when a child is involved in too many activities it can be difficult for them to give 100% in all of the areas. Please understand that being involved in multiple activities at once may hinder your child's progress and can cause them to be overwhelmed. Please discuss activities with your daughters coaches so that they are aware of their busy schedule and can help to avoid burnout when doing too much.
- **Snacks-** Please provide healthy messy free snacks for possible breaks (mainly level 3). Please help us discourage candy during practice or before.
- **Phones-** Help us limit phone use during practice. Remind your daughters to stay focused on what is expected of them during practice and not updates in texts or social media.
- **Injuries-** Please communicate all injuries or limitations with a coach. If your daughter has seen a Doctor please include a Dr. note

Team Parent and Gymnast Handbook:

Please, please, please reread the attached Team handbook along with your daughter and return the signed agreement page to the office by October 28th. New members that received and handed in a agreement page in June or more recently still re read and return the updated page, as there has been several updates. Thank you!

All Levels- must sign to continue involvement with our team programs and to compete in meets.

Thank you to everyone for your continued support of FVG we are extremely proud of our gymnasts and we are all looking forward to an exciting season!