

XCEL COMPETITIVE TEAM 2016-2017 SEASON



“Shaping Kids For The Future”

PARENT & GYMNAST HANDBOOK

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FARMINGTON VALLEY GYMNASTICS & MORE, LLC

Established in January 2004 by the Battista Family, our facility has grown over the years from 6,000 square feet to 10,000 square feet and now we are in a beautiful building with over 25,000 square feet. Our spacious gyms are well equipped with a foam pit, lots of training mats, trampolines, Junior and USA Gymnastics Olympic regulations equipment. Our Competition Team program follows all USA Gymnastics Junior Olympic rules and guidelines. (USAG Web site; www.usa-gymnastics.org)

FARMINGTON VALLEY GYMNASTICS XCEL TEAM GENERAL INFORMATION

Welcome to Farmington Valley Gymnastics Competition Girls Team Program. In the many years of coaching competitive gymnastics we have had the pleasure of watching many children learn, grow, develop, and mature into outstanding young adults who are ready to face the world. They know how to work hard, set and achieve goals, work through frustration and setbacks, take risks and work with a wide variety of people. They know the meaning and worth of dedicated effort. They have the confidence that comes with the knowledge that they can accomplish amazing things if they put their mind to it.

“XCEL is an alternative USA Gymnastics competitive program offering individual flexibility to coaches and gymnasts. The goal of XCEL is to provide gymnasts of varying abilities and commitment levels the opportunity for a rewarding gymnastics experience.” (USA Gymnastics, usagym.org) There are 5 divisions of the XCEL program, they include Bronze, Silver, Gold, Platinum, and Diamond. The athletes would compete in the level appropriate for their skills.

Families and athletes that XCEL program would be ideal for:

- Gymnasts ages 10+ years of age that have not yet competed gymnastics and would like to have the experience.
- Gymnasts that have competed USA Gymnastics JO Program Levels 3-9 and are unable to commit to the extensive training hours and expenses of this level.
- Gymnasts that are unable to perform all of the required skills and routines in USAG Level 3-9.
- Gymnasts that are training to compete on local high school gymnastics teams.

Our team programs run on a yearly basis, November to May is our competition season and the other months are the months we use to perfect or prepare for the next level of competition. It is a requirement as a team member to commit on a yearly basis. Payments are to be paid monthly. Some months having five weeks and other months having three, the monthly fee will remain the same regardless of the numbers of weeks. Summer Training camps may also be available at an additional cost. To help you understand the tuition payment procedure, it is important that you realize you are paying for a well-rounded gymnastics program. The Farmington Valley Gymnastics program has long-range goals and objectives to develop each child to the best of their ability as a gymnast and a person. We are in the business for developing responsible, healthy, happy kids and in doing this we are; “Shaping Kids For The Future”.

PRACTICE SCHEDULE (Year round)

Xcel Silver/Gold: Required 2 Days; Tuesday & Thursday: 6:30-8:30, 3rd day add on option, Saturday: 12:30-3:30, (\$20 per day added), Must schedule in advance.

Xcel Platinum/Diamond: Required 2 Days; Tuesday 6:30-8:30 & Friday 5:30-8:30, 3rd day add on option, Saturday: 12:30-3:30, (\$20 per day added), Must schedule in advance.

Days & times subject to changes due to staffing and enrollment.

As the Xcel program grows and the girls progress, additional practice days and times may be added and required. The more advance skills level the more time required in the gym to insure proper skill safety and progression.

Want more practice time? - Add a PRACTICE DAY when you can, \$20.00 each practice day added - providing space is available. You must sign-up in advance with Coach Erin to reserve your spot, do so by emailing fvgteam@gmail.com to get the appropriate form. The office must receive form and payment ahead of time. For more information inquire with Coach Erin or Coach Lauren.

FVG Summer Training camp weeks may be available at an additional fee (Dates to be determined)

*Days & times are subject to change due to staffing and enrollment and may include daytime hours - Parent input is accepted and appreciated as to plan summer practice times that are convenient for all. Extended care may also be provided if needed. Please share what is best for you!

TEAM FEES

Monthly Tuition:

Xcel Silver & Gold- \$155.00/ per month, yearly fee \$1860 divided by 12 months (due by the first of each month, \$10 late fee applied after the 10th of each month)

Xcel Platinum & Diamond- \$194 / per month, yearly fee \$2328 divided by 12 months (due by the first of each month, \$10 late fee applied after the 10th of each month)

FVG Annual Registration Fee: \$25.00

USA Gymnastics Membership Fee: approximately: \$20.00/year- Due in August (\$54.00 if you would like to receive the USA Gymnastics Magazine publication)

Competition Fees: approximately \$30.00 Local, \$55.00- \$100+ for invitational's / competition

PLEASE NOTE: Monthly payments are due the first of each month. Payments made after the 10th of the month will be charged a \$10.00 late fee! There is a \$35.00 fee for all Bank returned checks. Any unpaid balance that is 30 days overdue may terminate your child's participation in any competitions and or in any gym functions.

MAKE-UP

No make-ups available.

Some practice changes may be available with advance notice and prior arrangements and if space allows. Keep in mind the gymnast may be put with a different level. (Please call if your daughter will be absent, this advance notice may allow other gymnasts the opportunity to do "add on" practices or possible changes) CHANGES ARE NOT GUARANTEED AND WILL NOT ALTER MONTHLY FEE

TEAM FUNDRAISERS /ASSESSMENT FEE

It will be voted on at the Fall Team parents meeting as to the interest in having a fundraising event. A parent volunteer will be needed to run the fund-raising event if one is voted on. Team members may choose to participate. Money from fundraising/assessment fee is used to pay for gymnasts training materials (compulsory books, training video CDs, judges code of points, music, handout, etc.) the coaches fees at competitions, flowers for the girls at State Championship meets, Sanction Fees for home meets, Team entry fees at Invitational Meets and State Meets, and Team awards dinner.

ASSESSMENT FEE (TEAM EXPENSES)

THOSE WHO DO NOT WISH TO PARTICIPATE IN FUNDRAISING, OR JOIN AFTER THE FUNDRAISING EVENT WILL BE ASSESSED \$338 YEARLY, CAN BE SPLIT INTO TWO PAYMENT \$169.00 IN BOTH THE FALL AND SPRING. (DUE IN: October and February - Cash or Check only). This does not divide the year or seasons into two parts. We look at the year as a whole and consider all team members a yearly commitment. We budget the year and team expenses based on the current number of team members expecting them to continue with our team programs. Full assessment fees are still expected to be paid regardless if your daughter is unable to complete the entire gymnastics season.

PLEASE NOTE: Girls that may not be ready to compete due to injury or unforeseen circumstances are still charged the assessment fee. This is a team fee required to be paid by all FVG Team Members. Girls will not be allowed to compete or continue to be a team member if their assessment fees & monthly fees are not up to date.

Any unpaid balance that is 30 days overdue may terminate your child's participation in any competitions and or in any gym functions.

Please drop off no earlier than 15 minutes before practice. All of the team coaches are teaching a class and are unable to supervise them and there are a lot of people coming and going. Please be on time when picking up your daughter! Late pick-ups are subject to a fee of \$5.00 for every 15 minutes. To be paid to the person who waits with your child.

TEAM NEWS - FVGTeam@gmail.com

Monthly FVG Newsletters will be emailed home. Email communication has been an important means to get information to parents quickly and a way for parents to keep the gym updated with information regarding your child's participation in both meets and practices. Please be sure to check your emails often and keep your email information up to date. All email notices will be posted on a Team Parents Bulletin board, located in the center parent observation room on the left wall. Be sure to check there often to keep up to date as well. You can also stop by at the office for a copy if your computer is not working properly.

GYMNAST PRACTICE ATTIRE

Gymnast must wear appropriate attire to practice, leotard and bike shorts please. NO JEANS OR JEAN SHORTS ALLOWED FOR WARM-UPS. Tee shirts and sweatshirts must come off after warm-ups. Do not wear jewelry to practices! FVG is not responsible for items left behind.

BREAKS

Breaks are given occasionally, please send in a water bottle and a healthy snack to every practice. Please – No Soda or candy (Drinks and snacks are also available for purchase on site.)

CELL PHONE

The use of cell phones is prohibited during practice times. Checking text messages or social media statuses during practice is a distraction to the gymnasts causing them to lose focus during their practice.

SNOW CANCELLATION POLICY

Please call the Gym (860-793-1616) To listen to a message if weather is questionable. We will also try and send out an email notification, but this is not always possible, so please call if you are unsure. Make-up for canceled practices due to bad weather will be made up during vacation weeks in December and April when possible. However, make ups for weather cancellations are not guaranteed and there will be no reductions or refunds for these missed practices.

EXHIBITIONS & CLINICS

Occasionally Team Girls may be asked to participate in exhibitions and clinics, both at the gym and outside the gym. Invitation to participate in these events are at the coach's discretion. Gymnasts are expected to perform and participate with professionalism.

END OF THE YEAR GYM SHOW

The gymnasts and coaches will put on an end of the year themed gymnastics show/exhibition in June. This is a fun exciting event, in which the gymnasts will perform in a group and individual routines. Details such as ticket sales will be available to families in May. Groups performing will include our Tiny Talent Team, Team-N-Training, Xcel Team, & Team level 3-10.

END OF THE YEAR TEAM BANQUET

There will be an end of the year team banquet in June to celebrate and honor the individual and team's achievements. All FVG team members and their families are invited to attend. The banquet is held at a local banquet facility. The gymnasts are paid for through the gym and parents pay for themselves and guests.

FLOOR ROUTINE CHOREOGRAPHY

Xcel Floor and Beam Choreography must be discussed and organized through an Xcel Coach. A private choreography lesson with a FVG coach will need to be scheduled for an additional fee. On occasion routines can be done during practice times, but this is not guaranteed. All floor music and choreography must be approved. Optional floor routines will be kept for at least 2 years.

INJURIES & ILLNESS

Injured gymnasts are allowed and expected to participate in practice and gym activities to the best of their abilities, (conditioning, dance, allowable equipment) There is no reduction in tuition unless the extent of the injury exceeds one month's time with limited activities allowed. At that time, the tuition may be adjusted, depending on the circumstances. If a gymnast is injured during practice they are to notify a

coach immediately so proper first aid is given. If a gymnast has a nagging injury that requires icing throughout practice they will be asked to ice in the lobby so that they are not a distraction to the other girls. If they are not able to continue practice or conditioning then a parent will be called to pick them up so they may rest and are not a distraction to the other girl's workout.

If an injury persists longer than two weeks, and they are kept from participating in all events including warm-ups & conditioning, we recommend that they be seen by a doctor before returning to practice. A note from the doctor as to treatment or restrictions will be needed in order to attend practices. If your daughter is ill or not up to practicing PLEASE keep them home. Injured or sick girls sitting around become a big distraction to others and pose a safety issue. If they are not able to work out they will be sent home. This is for their safety as well as the other girls. Please discuss with your daughter the importance of communicating with the coaches on how they are feeling (injured, sick, tired, etc.) The coaches are not mind readers and girls that are not working may be looked at as being lazy. We are compassionate if we are aware of a situation.

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. One of the many benefits of the Xcel program is it can give athletes the opportunity to be involved in multiple activities however each individual varies in how much they can take on.

VIEWING PRACTICE

Parents are allowed to view portions of practice to see the hard work and progress by the athletes and coaches. However it is not recommended that they stay for the duration of the practice time as this becomes a distraction to the athletes (not only your child but the others as well). Added distractions can hinder the gymnasts progress and add unnecessary pressure to the gymnasts.

PRIVATE LESSONS

Private lessons should only be used for additional training on occasion when an athlete needs specific individual attention on a skill or event. We do not encourage private lessons on a consistent basis. The gymnasts should be getting all of the practice they need during their regular scheduled practices. We want to try and avoid overuse injuries or burnout to the gymnasts. Situations that private lessons are appropriate for are choreography, mental blocks, or when one skill or event is lacking. Private lessons should not be done as a replacement to practices. All team training must be done at FVG and with FVG staff, training at outside facilities is viewed as a conflict of interest, with the exception of away camps and State clinics. Our coaches have a coach/gymnast relationship with your child and have learned how they process their training to help them progress in the best way for them. Outside training can possibly interfere with this learning progress. All private lessons and additional training needs to be pre-approved by Erin.

TEAM UNIFORMS

COMPETITION LEOTARD: \$137.00 + Tax

WORK-OUT / SHOW LEOTARD: TBA (\$36 - \$45) *ordered in April for show in June

WARM-UP JACKET & PANTS: \$90.00 + Tax

GYM BAG: \$60 + Tax

Full team uniforms are required for all levels in order to compete. Prices are subject to change with manufacture increases! New uniform styles are ordered every two or three years.

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. Xcel Gold, Platinum and Diamond also have the opportunity to qualify to represent CT in the region 6 championships. Regional qualifying varies by level.

COMPETITION FEES (CASH OR CHECK ONLY)

Meet fees are due at the time of registering for meets. Please be aware of these added expenses at the end of the summer or early fall.

USA Gymnastics, \$54.00 per year (August)

Local Meets \$30.00 per meet

Invitational's \$55-\$95+ per meet

State Championships \$60

(Meet fees are subject to change. They are regulated by the USAG State Committee)

Note: Special Meets / Invitational Competition, etc.) will cost more, \$60 - \$95+.

Admission fee for spectators may be charged at the door for all meets. Once you have sign up for a meet you are responsible for paying the entry fee even if you do not end up attending the meet. There are no refunds once the entry fee has been mailed. Meets may also be on a Friday, and may interfere with school (although we try to request not to be put on Friday morning or afternoon meets, it is sometimes unavoidable) There will be no refunds given after the schedule is posted.

MOBILITY TO THE NEXT LEVEL

Gymnasts need to qualify and compete at the state championship meet to be eligible to advance to the next level. However, more importantly the skills needed to safely compete at the next level is the true factor as to whether a gymnast is ready to move to the next level. Time, age, personality and commitment are also taken into consideration for each individual as to when is the best time to move to the next level. We have coached many gymnasts and have learned through experience what works best and it varies from level to level and personality types. Please, your support is needed and appreciated.

Please Note: 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. They do not need to compete all

around. It is recommended that they compete on any events they are ready for. Girls must attend their scheduled practice prior to a meet or they will not be allowed to compete in that meet.

MEET GUIDELINES

1. Gymnasts must have full uniforms (Leotard, Warm-ups, Gym bag) to compete.
2. Gymnasts must have hair secure and neat, preferably in a bun. NO jewelry—only small stud earrings.
3. Gymnasts must stay with their squads during warm ups and competitions. They are not allowed in viewing areas with parents and parents are NOT allowed in the competition area!
4. If a Gymnast acts inappropriately (inappropriate language, throws things, talks back to a coach or to the judge, is mean to a teammate or girls from another team, etc.) at a meet or practices they will be asked to leave. This behavior will not be tolerated. They may also miss the next meet depending on the circumstance involved. The parents will be notified. Meet fees will not be refunded.
5. Flash cameras are NOT allowed during warm-ups or competition. Video cameras are OK from viewing area.
6. SPECTATOR FEES MAY BE CHARGED AT MEETS

HOME MEETS

Farmington Valley Gymnasts host multiple home meets per season. 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 signups will be posted prior to each meet. Thank you for your help in advanced.

IMPORTANT

Gymnasts must be on time for stretch at all meets. (Please allow extra time for traffic, construction, or in case you get lost especially when going to a new location. The girls get worked up if they miss warm-ups and then they don't do as well in competition. Please call Erin's cell phone at 860-777-5806 if your daughter is unable to attend a meet she was signed up for that day.

Out of state competitions are available and recommended to obtain regional exposure. If families have more interest in competing more often out of state or further way (travel by bus or plane) please communicate your request with Erin so that options and interest can be discussed.

TEAM NEWS - FVGTeam@gmail.com

FVG Newsletters will be emailed home. Email communication has been an important means to get information to parents quickly and away for parents to update us with information to your child's participation in both meets and practices. Please be sure to check your emails often and keep your email information up to date. All email notices will be posted on a Team Parents Bulletin board, be sure to check there often to keep up to date as well. You can also stop by at the office for a copy if your computer is not working properly.

WEBSITE - www.FVGandMore.com

PARENT COMPETITION RULES AND EXPECTATIONS

1. It is the parent's responsibility to transport gymnasts to & from the competitions. An adult family member is required to stay at all competitions. If a gymnast gets hurt or sick (it does happen sometimes) then someone needs to be available to take them home. Please do not coach your daughter in the gym or at meets! This is the coach's job. Children should not feel that their parents' love or support is determined by the child's gymnastic ability.
2. As you watch your daughter try to focus on improvement in skills, do not compare scores to previous meets or to other gymnasts. This is a subjective sport and we try to keep the gymnasts focused on their performance and not scores. This is very hard to do, but try your best.
3. Be positive at all times! It requires extra work sometimes, but your attitude will determine your child's attitude and their success, both in gymnastics and in life.
4. Take responsibility for promoting Farmington Valley's reputation as a positive force in the lives of people; never make negative comments about other gyms, coaches, gymnast, or judges. As a Farmington Valley team parent, you also represent us and your behavior will reflect on our whole family. We encourage you to sit with other Farmington Valley team parents and form a cheering section.
5. Never speak negatively to a coach or question them in front of your daughter or another gymnast. As long as you publicly support the coach's' authority, your child will continue to have respect for them.
6. When your daughter looks up at you in the stands, smile at her and show positive encouragement regardless of her performance. Let her know by your facial expressions that you are proud and love her unconditionally.
7. Every gymnast must have a Farmington Valley Gymnastics team gym bag that should be equipped with a small leak proof water bottle, their grip bag if they use grips, and a nutritious snack (grapes, veggies, cereal, etc.) PLEASE LIMIT SNACKS - Meets are a lot quicker now and snacks are not necessarily needed. Too much food will hinder their performance as the body cannot process food and exercise at the same time. It also takes their focus away from the event they should be preparing for. Maybe keep snacks with you for the ride home.
8. If your daughter is sick or is not attending a meet that she is scheduled to attend please let the coach know as soon as possible. Please call Erin's cell phone 860-777-5806 by the morning of a meet if not attending.
9. If your daughter is placed in an incorrect age group or receives the wrong awards please see her coach as soon as possible. Do not approach the meet organizers or the host gym. Each host gym may change the cut-off date for ages and awards based on individual meet. Most meets are age based on the Level State Meet for that season. Gymnasts will be competing in the age group appropriate for them as of the date of the last competition in that season (state, regional, or national meet).

**FVG TEAM CALENDAR
2016-2017**

August: Renew USA Gymnastics Membership / Meet Entries / Uniform orders

October: Assessment Fundraiser (TBD)?

October: 1st ½ Assessment fee due (2nd ½ due February 2016)

October 31st: Halloween- No Practice!

November 23rd: Thanksgiving Eve – Early Practice 4:30-7:30 For levels that normally attend Wednesday's practice– Levels 3, 4, 5, 6, 7, 8, 9

November 24th – November 27th: Thanksgiving Break - Closed

December 10th or 17th?: Team Holiday Party Details TBA

December 22nd –January 1st: Holiday Break- No Regular Scheduled Practices

(May have make-ups due to bad weather and/or open Gym)

February 1st: 2nd ½ Assessment fee due

February 18th- February 19th: FVG Valentine's Invitational

February 20th-25th: February Break- No Regular Scheduled Practices

(May have make-ups due to bad weather and/or open Gym)

April 10th –April 15th: Spring Break- No Regular Scheduled Practices

(May have make-ups due to bad weather and/or open Gym)

May 27th–May 29th: Memorial Day Weekend- Closed

June 4th or 11th?? : Team Gym Show

June TBA: Team Awards Dinner

June 12th – June 17th : End of Year Break

June 19th: Summer Schedule Begins (Schedule may vary from school year)

Meet Seasons:

Level 3- October through March

Level 4 & 5- October through February

Level 6, 7, 8 & 9- November through April

Xcel- November through April

Championship Meets:

Level 3- March 25-26, 2017

Level 4 & 5- February 4-5, 2017

Level 6- March 25-26, 2017

Level 7-10- March 18-19, 2017

Xcel G, P & D- April 23-24th 2017

Xcel Silver- April 29-30, 2017

Level 9/10 Regionals- April 7-9, 2017

Level 7/8 Regionals- April 22-23, 2017

Xcel Regionals - May 20-21, 2017

FARMINGTON VALLEY GYMNASTICS & MORE, LLC

5 Northwest Dr. Plainville, CT 06062

I acknowledge that I have received and read the Handbook of Farmington Valley Gymnastics & More, LLC

Competitive Girls Team and understand the responsibilities of being a part of this program. I also understand that Farmington Valley Gymnastics & More, LLC Competitive Girls Team Program operates according to the by-laws and guidelines set forth in the Handbook along with those established for USA Gymnastics Athlete Membership. I therefore agree to abide by all rules and regulations.

_____ Date: _____
Gymnast's name, printed Gymnast's signature

_____ Date: _____
2nd Gymnast's name, printed 2nd Gymnast's signature

_____ Date: _____
1st Parent, Guardian, or responsible Party, Parent, Guardian, or Responsible Party's, Signature name printed

_____ Date: _____
2nd Parent, Guardian, or responsible Party Parent, Guardian, or Responsible Party's, signature name, printed

Family Email _____

Gymnast sizes:

Leotard _____ T-shirt _____ Pants _____ Jacket _____

Please return this receipt form to the office as soon as possible. It is important to the success of the program that all members and responsible parties sign this receipt, so that misunderstandings will be minimized. (Please note this form is required to be signed and returned in order to compete.)

Thank you for your cooperation,
Farmington Valley Gymnastics & More, LLC
Coach, Erin Fascendini
Owner, Dawn Battista

If these bylaws are misplaced or lost it will be your responsibility to have them replaced.
An electronic version will be emailed home in October 2016.