THE ELITE GYMNASTICS ACADEMY
SOLON, OHIO

TEGA Competitive Team Handbook
2025-2026

*Updated 6/30/25

2025-2026 TEGA Competitive Team Program

The Elite Gymnastics Academy ("TEGA") would like to welcome you to our club! If you are reading this handbook, then your child has shown an interest and/or potential in joining our competitive team program. The decision to join team should not be taken lightly. Competitive team gymnastics requires family support (both time and financially) in order for a gymnast to be successful. This handbook serves as a guide into the world of team here at TEGA and what you can expect as a team member. Although lengthy, we hope you appreciate the time and effort we have put into this document to allow for full transparency of what team membership looks like at TEGA. If you have any questions or concerns after reading this document, please reach out to Megan (TEGA Director) at meganj@elitegym.com or call our front office at (440) 498-1770.

Team Mission Statement

The mission of TEGA is to create a positive environment in which gymnasts learn how to compete in the sport of gymnastics while simultaneously learning the important life skills of goal setting/attaining, being a solid teammate, communicating effectively, and self love & advocacy. Our TEGA staff are an integral part of our team and want to help our athletes develop and grow, whatever their competitive path might be. We strive to help each gymnast become the best gymnast, and person, they can be.

We set high standards for our gym and those standards are reflected in our athletes, staffing, facility, and gym culture. Our favorite phrase is, "TEGA: where working hard is fun!" It is our hope that we can teach every athlete that hard work leads to a strong sense of integrity. Learning the importance of integrity at a young age is crucial to becoming a positive member of society as an adult. The life skills competitive team gymnastics teaches are invaluable.

CONTACTS

w: www.elitegym.com / *p*: (440) 498-1770 / *Instagram*: @tegaelite

TEGA Directors

Owner:	Tram ("Chum") Brandenburg (tram@elitegym.com)
Director:	Megan Janicek (meganj@elitegym.com)
Front Office Director (Billing Contact):	Michelle DiFrangia (michelled@elitegym.com)
Front Office Manager:	Naomi Lucas (naomil@elitegym.com)
Developmental Director:	Megan Janicek (meganj@elitegym.com)
Xcel Director:	Kim Holowiak (kimberlyh@elitegym.com)

TEAM for the FAMILY

T: Together
E: Everyone
A: Achieves
M: More

Gymnastics is a tough sport. It is both physically and mentally demanding. Due to its unique nature, competitive gymnastics requires the support of the family in order to be successful. You

are to be congratulated because you are taking the time to think through the consequences of team membership.

Does your gymnast dream of getting a college scholarship, competing on their high school team, or does she just enjoy the achievement of new skills and the companionship of other team members? All of these are valid reasons for joining the team, but it is important to assess her goals in a shorter time frame, such as within the next six months to a year. This will help us make sure that each athlete is on the correct path to their version of success.

Life Changes to Keep in Mind

- At the lower team levels the number of hours of practice each week is relatively few. However, as your gymnast progresses up the competitive ladder, the number of hours and days will continue to build.
- You will have to change your family schedule in order to make sure that your gymnast has rides to and from practice. Some parents set up carpools to help with the driving responsibilities. We have created a Google Sheets page for any families who are interested in finding a carpool.
- Homework will have to be done much more efficiently and with better study habits. Practices range from 2-4 hours each day. We try to prioritize developmental appropriateness in scheduling practices and we make sure there is a proper progression in training time. However, some teams will require gymnasts to be in the gym until 8:00 or 9:00 p.m. on school nights.
- Time management will be key (for both the gymnast and family!). Student athletes have to ensure they can get school work done and get enough sleep/rest. We want our athletes to have a balanced life but this does require some flexibility with schedules.
- Again, as the difficulty level of gymnastics increases, so does the commitment level. Please be prepared that for some athletes, once they get a taste of competition, they are addicted in the best way possible. =]
- Be your child's biggest supporter mentally. Show them unconditional love and encouragement. That's the number one job for you as a parent of an athlete.

Breakdown of Teams

USAG (the governing body of USA Gymnastics) has created two programs for competitive gymnastics. They are Xcel and Developmental. All of our athletes are continuously assessed to ensure they are in the Program (there are requirements for each) that best suits their personal needs. Our goal is to help each athlete have a happy and healthy gymnastics career, even if it requires switching between programs.

Xcel (ages 7+)

The Xcel Program offers athletes the opportunity to compete in gymnastics, but with a lesser time and financial commitment than required by the Developmental Program. It allows for more flexibility in skills and requirements. Many Xcel gymnasts are outstanding athletes and participate in multiple sports/activities. The highest level of competition is great for competitive high school team gymnasts.

Levels: Bronze → Silver → Gold → Platinum → Diamond → Sapphire

- Bronze & Silver teams train 2 days/week for a total of 6 hours
- Gold team trains 3 days/week for a total of 10-12 hours
- Platinum/Diamond/Sapphire teams train 3-4 days/week for a total of 12-16 hours

* Approval to switch from Developmental → Xcel or Xcel → Developmental must be approved by the Head Coaches/Directors and the parents.
* Gymnasts under the age of 12 who want to switch into the Developmental Optional Levels (6-10) will have to "test out" of levels 4 & 5.

Developmental

The Developmental Program is designed for athletes who are committed to a serious pursuit of the sport of gymnastics in a positive & developmentally appropriate way. These gymnasts have dreams of high level gymnastics (potentially college gymnastics). This path is not for all gymnasts.

Levels: 2-10

Elite is the level after level 10 (the highest in USAG's Women's Junior Olympic Program). This level is named appropriately as it is for elite athletes who have their sights set on the Olympics and/or a professional gymnastics career. Very few gymnasts will have an elite career.

Developmental Compulsory Program:

These gymnasts have dreams of optional gymnastics and potentially a college career. The purpose of this program is to train their minds and bodies to be the best PERSON they can be. This includes developing discipline, self-love, awareness & advocacy, teamwork, communication skills (both with peers and adults), time management, strength & flexibility, and a deep love for the sport of gymnastics in general.

Pre Team (ages 5-6)

- Lasts 1 - 1.5 years
- Focuses on strength building, listening skills, creating strong foundational gymnastics skills, body shaping, flexibility, and teamwork
- Practice should be twice/week for 1.5 hours – total 3 hours/week
- Do NOT compete

Levels 2-3 (ages 6-8ish)

- Lasts 1-2 years
- Can move from PT to level 2 OR 3 depending on the gymnast's age, ability, and maturity level
- Practice should be 3 times/week for 2 hours – total 6 hours/week
- Introduction to competition (WILL compete – first meet will be home competition)

Levels 4-5 (ages 7+)

- Lasts 2-3.5 years
- Practice should be 3-4 times/week for 3 hours – total 9-12 hours/week

- Familiar with compulsory level competition

Developmental Optional Program:
The TEGA Developmental Optional Program is devoted to gymnasts who are committed to a serious pursuit of the sport of gymnastics. At TEGA, we care about ALL of our gymnasts, regardless of their talent or personal goals. This is why our optionals program is split into two different categories: Optionals Elite & Optionals TEGA. Neither one is better than the other, but are a reflection of the goals and abilities of the gymnast. Both programs have the same goal of training the gymnasts' minds and bodies to be the best PERSON they can be. This includes developing discipline, self-love, awareness, advocacy, teamwork, communication skills (both with peers and adults), time management, strength & flexibility, and a deep love for the sport of gymnastics.

Nothing is ever set in stone. We maintain an open pipeline between the two programs, and there is opportunity for a gymnast to move between groups. A gymnast in the Optionals TEGA program can move to the Optionals Elite program, as long as she meets the necessary requirements. In addition, if the Optionals Elite program is no longer a fit for a gymnast, they can still have a successful gymnastics experience in the Optionals TEGA program.

<u>Optionals Elite Goals & Requirements:</u>
Gymnasts in this program have dreams of becoming level 10 gymnasts, competing in college, and maybe even earning a college scholarship. Only a handful of gymnasts will eventually reach this goal. This level of dedication requires a lot of personal tradeoffs, dedication, and both mental & physical challenges. Gymnasts in this program are committing to the full Optional practice schedule. The standards for level requirements are higher and practice expectations are strict, but fair. This level is not for all gymnasts, and that's okay! This is a very demanding, difficult program. Competing in college or becoming a level 10 gymnast is a challenge, but we want to set gymnasts up in this program for the best chance for success to reach their goals.

Level 6 (typically ages 8-12)
- 2 years max.
- Practice 4-5 times/week for 4 hours – total 16-20 hours/week

Level 7 (typically ages 9-13)
- 2 years max.
- Practice 4-5 times/week for 4 hours – total 16-20 hours/week

Level 8 (typically ages 10-15)
- 2 years max.
- Practice 4-5 times/week for 4 hours – total 16-20 hours/week

Level 9 (typically ages 11+)

- 1-3 years
- Possibly applying for college and looking at collegiate programs
- Practice 5 times/week for 4 hours – total ~20 hours/week

Level 10 (typically ages 12+)

- 1-4 years
- Possibly applying for college and looking at collegiate programs
- Practice 5 times/week for 4 hours – total ~20 hours/week

* The maximum age and level requirement is not determined by USAG. Instead, it is an internal guideline we use to make sure every gymnast is in the group which enhances their fulfillment, confidence, and self-esteem, while still allowing our gym to maintain the quality standard we have as a club for our Optionals Elite gymnasts.
* A case-by-case discussion will have to take place between coaches, gymnasts, and parents when gymnasts reach our maximum age requirement, do not meet our internal skill level chart (after practicing at the same level for 2 consecutive years), and/or are losing interest in the program and practice.

<u>Optionals TEGA Goals & Requirements:</u>

MANY optional level gymnasts are extremely talented, hard working, top of their team, and are competitive high school gymnasts. However, only certain gymnasts will be able to maintain the standards of the Optional Elite program to the end of their gymnastics career. Rather than forcing all optional level gymnasts to adhere to the Optionals Elite program, we have created the Optionals TEGA program. This program is a little more flexible. It allows gymnasts to not only have more time, as they can choose to train 3-4 days/week, (to participate in another sport, after school program, etc.), but also have a wider range of skills making their routines more personalized to the gymnast's ability and strength. Again, there is nothing wrong with wanting to train less hours, explore/participate in other sports, having injury limitations, etc. The Optionals TEGA program is a way for higher level gymnasts to still train to be the best PERSON and strong high school level gymnast they can be. This group is a mix of Xcel Platinum/ Diamond/Sapphire and levels 6-8.

Xcel /Platinum/Diamond/Sapphire (typically ages 12+)

- 1-5 years (Depending on their age when entering into the program.
  - Platinum = skills are mix of level 5-7
  - Diamond = skills are mix of level 6-8
  - Sapphire = skills are mix of levels 7-9
- Practice 3-4 times/week for 4 hours – total 12-16 hours/week

Level 6 (typically ages 12+)

- 2-3 years

- Practice 3-4 times/week for 4 hours – total 12-16 hours/week

Level 7 (typically ages 13+)

- 2-3 years
- Practice 3-4 times/week for 4 hours – total 12-16 hours/week

Level 8 (typically ages 14+)

- 2-3 years
- Practice 3-4 times/week for 4 hours – total 12-16 hours/week

Commitment and Financials

Team is a year round commitment.

The team tuition is determined on a yearly basis starting at the beginning of June; however, payments are made on a monthly schedule. You are paying for 12 months (each with 4 weeks) for a total of 48 weeks per year. This allows for closures due to holidays, inclement weather, and one week off each summer. *Because of this, tuition cannot be prorated for absences or cancellations of any nature* (injury/extended sickness policy is on page 12).

Tuition will be due on the first of the month.
Payments that are more than 5 days late will be charged a $25 late fee.

We have a $120 annual registration fee/family. This fee will be due on August 1st of every year. Athletes who transfer into our program during the year will pay a prorated amount based on the month in which they joined. If you have children in both our team and recreational programs, you will pay one family registration fee at the team rate. This registration fee is used to pay for the gym's insurance policy. It is at a higher rate for team vs. recreational because the risk factor is higher for team athletes than recreational athletes.

Everyone is required to put a credit card on file with our front office. Families who are paying via cash or check (or on a payment plan) will still need to put a card on file. Monthly tuition will be billed on the first of the month. If an athlete's account is more than 5 days overdue, they will not be allowed to practice. *PLEASE do not send your child to practice and create an uncomfortable situation for them and their coach if you have not paid*. Communication is key. Our door is always open so please let us know of extenuating circumstances. We try our best to be accommodating, but we are still running a business.

We ask for a 7 day written notice of cancellation (prior to billing cycle) of team membership. Extenuating circumstances/career ending injuries will of course be taken into account.
All competitive gymnasts are required to purchase and maintain a USAG membership. It is the responsibility of the guardian to go online, pay, and register their athlete for membership. The athlete membership is valid August 1st to July 31st of the following year.

Competition Fees

We do our best to estimate the cost of competition fees each year, but the best we can do is estimate because it will vary depending on how many coaches we need at a competition, travel costs, etc. We host a team parent meeting every year at the end of June. During this meeting we will hand out financial estimates regarding the upcoming season. The cost for competitions are completely separate from monthly tuition and are paid into your family's competition account. The coaches are paid or reimbursed for their food/travel/lodging fees through this competition account and not through their normal paychecks from the gym.

The estimated schedule for competitions will be passed out at the parent meeting at the end of June. Any changes to the schedule will be communicated ASAP. **The deadline for which meets your gymnast is going to participate in will be August 31st. Whatever meets your family has committed to by this deadline are non-transferable and non-refundable. If you are concerned you may have a conflict, please understand the risk if you choose to attend that competition.** Please discuss with the Owner and Director if you have extenuating circumstances.

For simplicity's sake (*this is an example and not an actual estimated cost*), let's say the estimated cost of competitions for the year (if your gymnast attends all competitions) is $1400. You have two choices for payment of competitions (which is separate from tuition):

1. The total cost is broken up into 7 monthly installments, due on the 15th of each month, beginning in September ($200 in September, $200 in October, $200 in November, $200 in December, $200 in January, $200 in February, $200 in March = a total of $1400).
    a. If your estimated cost is $800 (because you're not attending all the meets), then you will pay $200/month until we get to $800. Please note that if the cost ends up being higher than our estimate, we will let you know and bill accordingly.
2. Pay the entire cost up front in one installment of $1400.

If there is an excess amount left in your competition account, you can either have it refunded back to you, applied to your tuition, or it can remain in your account and can be applied to the following year's competition fees.

The more people who attend the competition, the cheaper it will be!

Mandatory Competition Requirements:

1. **All members of TEGA's competitive team are required to attend the TEGA Hot Cocoa Classic and the State Meet.**

2. **All team families are required to have one grown up/gymnast volunteer & assist with the home competition in some capacity (set up, working a session, tear down, etc.).** *Families who do not volunteer will be charged $50. This covers our cost to pay employees to work and fill your volunteer space.*

We highly encourage gymnasts to attend more competitions so they feel prepared at the state meet. We do understand that attending all the competitions in a year is a big commitment, which is why we only require the 2.

Misc. Cost Estimates

Choreography: Levels 6+ and Xcel Gold, Platinum, and Diamond will be required to pay for choreography for their individualized floor and beam routines. These levels require gymnasts to have their own individual routines based on their skills and personality. Different professional choreographers will vary in cost. A floor routine can range from $200-$500 (and can be kept for a minimum of 2 years) and beam routines can vary from $75-$150 (some athletes are able to choreograph their own beam routines with approval from their head coach).

Competition attire: for the 2025-2026 season we will be using the same leotard as the 2024-25 season. Only new to team gymnasts or gymnasts who outgrew their leotard will need to purchase a new leotard. The cost for the leotard was: Michelle DiFrangia can you add in the cost of last year's leotard?
This season we will be changing our warm ups (it's been 3 years). The new attire will be plain black leggings, a team jacket (ordered & purchased through our gym), and the TEGA bookbag (same backpack so only new to team gymnasts need to purchase).

Equipment: Gymnastics requires the use of specific equipment, especially as gymnasts move to higher levels. Gymnasts will need practice leotards (can be purchased at Target, Walmart, Amazon, our Pro Shop, etc.), tight biker shorts (not required for practice), grips ~$50/pair (levels 5+ and Gold+), therabands (~$5/band), potential braces or supports, etc.

How we determine cost of tuition:

We pride ourselves on hiring only the best staff. Many of our team coaches have been in the sport of gymnastics for 30+ years. Our high level coaching staff were elite level gymnasts and were competing internationally and at the Olympic level. Other coaches

were high level optional or collegiate level gymnasts. The majority of our staff have their college degrees (some in Education, Sport Management, etc.). TEGA pays for our coaches to attend conferences, camps, clinics, online classes, and anything else we think will help them to further their gymnastics knowledge and coaching skill set. We also pay for our coaches to attend mental performance coach sessions/education and strength & conditioning education.

In addition, we have an AMAZING training facility. It is one of the largest and CLEANEST in the area. We invest in a professional cleaning crew who comes to the gym on a weekly basis. Our staff also handle day-day cleaning to maintain high cleanliness standards. We have ample equipment, a foam pit, trench bar, and safe/sturdy mats. When equipment is old, we replace it.

Your family's monthly tuition allows us to pay our staff a fair wage, takes into account credit card fees (we have to pay the credit card companies in order to accept credit payments), maintain a great facility, stay up to date on training (this keeps your daughter safe!), cover insurance & Workman's Comp (coaching isn't the easiest on the body), pay for a front office who knows your family well, communicates excellently, & stays organized, and SO much more. We truly care about our gym and we hope it shows.

At minimum, we charge $180 for pre team gymnasts, who practice a total of 3 hours/week (in comparison we charge $180.28/month for the Girls Advanced Recreational class who attend class once/week for 2 hours). Xcel gymnasts will be charged that base amount and then $10.50/hour of training. Developmental gymnasts will be charged the same way but at $12.50/hour of training. Developmental costs more/hour because it requires a much higher skill level of coaching and those coaches are paid more for their expertise. At this time, all Optional gymnasts will be paying the Developmental rate because they are training with the Developmental Optional Coaches.

Please keep in mind that we will do an annual tuition adjustment in June for all team programs to help us maintain the above standards. This adjustment will account for inflation, hiring/training of staff, etc. which will allow us to continue offering a high quality facility each year.

General Team Yearly Outline

** Team Yearly Plans Begin in June **

June:

- Summer hours begin
- New team members join practices (this is their trial month for team without committing to the year)

- Focus: foundations, skill development, team bonding
    - DRILLS, DRILLS, DRILLS!
- Team parent meeting at the end of the month (uniform information will be given, updates to team policies, sign contract for year commitment, estimated school year schedule and competition schedule given)

July:

- Optionals/XGPDSa choose their floor music
- Focus: continuing strong foundation education, further skill development, and deepen team bonding/connections
    - Drills become skills!

August:

- Summer hours continue for about the first two weeks of the month and then shift to school year hours in the 3rd week (typically)
- Better draft of competition schedule released
- Formal testing of athletes for level placement the very last week of the month
- Choreography should be scheduled for Optional/XGPDSa levels (only for athletes who need a new routine)

September-November:

- PRE SEASON
    - Drills (June) → skills (July) → connected skills (July-October) → routines (October-March)
    - Learn routines

December- early April (or early May)

- COMPETITION SEASON
- Focus: routines and perfecting level skills (there may be some upskill training for athletes who are ready - this is determined by the coach)
- **Dec. 20-21, 2025 = TEGA Hot Cocoa Classic @ TEGA**

April:

- Pre Team & Team tryouts
- Focus: shock circuit
    - The purpose is to “shock” their bodies with strength, flexibility, body shaping, injury prevention/mobility work to prepare them for May-September when athletes should be learning or perfecting skills

May:

- Skill Development
- Focus: using new found strength & flexibility to perfect old skills and begin drilling new skills

Known Gym Closures/No Practices

New Years Day, Sometimes MLK Day & President's Day (this is usually the weekend of our far away competitions so we *sometimes* use this day to recover from traveling), Easter weekend, Memorial Day weekend, 4th of July (sometimes it's two days depending on when it falls during the week), Labor Day weekend, Halloween, Thanksgiving Day-Thanksgiving weekend, Christmas Eve & Day

* COMPETITION WEEKENDS:
    1. *Day before*: practices are usually canceled if they fall the day before a competition (for example, the meet is on Friday so they will not have practice on Thursday). This allows for travel and to make sure their bodies are prepared.
    2. *Saturdays*: there will **MOST LIKELY** be no practice on Saturdays the weekend of a competition. Our coaches are usually working the entire weekend at the meet because they coach multiple levels. It will be communicated to you via email confirming if there will or will not be practice.

* Each team will be given one week off during the summer. This week will be chosen by their respective coach(es). This allows our team coaches to have a week off to enjoy the summer without needing to find coverage for their practices. We all need some time to recharge!

* Winter break closures will vary depending on what day of the week Christmas & NYE falls.

TEGA Team Policies

<u>Medical Clearance</u>

All team members will need to submit a form (we will provide this at the meeting in June) that their Pediatrician must sign which states they are physically able to participate in the sport of gymnastics.

<u>Practice Expectations:</u>

1. *Spectators*: Parents & spectators are not allowed out into the gym during practices. The only exception to this will be if the coach specifically invites a parent out to see a new skill, injury, etc. **Parents are to remain in the designated watching areas at all times**.
2. *Attendance*: We ask that gymnasts attend all team practices and arrive on time. On time = ready to go when the class starts. If practice begins at 5:00, then gymnasts should be at the gym 10 minutes before class to ensure they are ready at 5:00. The first 5 minutes of practice are so crucial. Team bonding occurs in the first couple minutes of practice and is followed by cardio. Missing out on this time is only detrimental to their gymnastics experience. We also ask that gymnasts notify their coach before leaving practice.
    a. We are implementing an **attendance policy** for practices via a point system. The point system will be based on a rolling 6 month time period (meaning points will drop off once it has been 6 months). Once a gymnast has earned 15 points (within

the 6 months) the Head Coach will call the guardian. If a gymnast earns 20 points within 6 months, the gymnast and guardian will be required to meet with the head coach & Director. 25+ points is cause for dismissal from the team. The Director and Head Coach are not limited by this system and have the ability to act beyond this point system if necessary.

b. 1 point = late to practice by less than 5 minutes
c. 3 points = late to practice less than 10 minutes
d. 5 points = more than 10 minutes late
e. 10 points = unexcused absence (failure to notify coach of absence and why they are missing)

PICK UP RULES: Please make sure to pick up your gymnast on time. We understand that life happens, so please give us a call to make sure we are aware. It is important that the athletes leave on time as many of them are in the gym until late in the evening. They need to get home so they can eat dinner, do their homework, and get to bed at a reasonable time. In addition, many of the coaches have small children at home who they need to get home to. If you are consistently late, the Director will reach out to you about it.

3. *Communication*: Communication is key! Our coaches understand that life happens and events pop up, traffic gets bad, or someone gets sick. Always give our front office a call and let them know so their Head Coach can be notified. Extenuating circumstances will not result in points being earned. We ask that you keep an open line of communication with the Head Coach at all times either via email, after practice (and not during or right before practice starts), or set up a time to meet to discuss any concerns/questions.
    a. EMAILS! **It is your responsibility to actively check your emails.** We frequently send communications via email. You should check for these daily.
    b. TEGA App: **please make sure you have downloaded our app.** Vital push notifications and team information will be sent via the app.
    c. If you would like to have a conversation with your child's coach about their progress, or if you have any questions, please email your head coach to schedule a meeting. We understand that "ad hoc" questions will come up. However, scheduling time will ensure you get your head coach's 100% undivided attention.
4. *Other Activities*: Children are often involved in multiple activities at a time. We ask that you please schedule activities on the gymnast's off days. We will not prorate tuition because your athlete cannot attend their full scheduled time due to outside commitments (unless agreed upon with the Head Coach & Director). In the past we have used other levels as a tool to make sure the gymnast gets their full practices in but this courtesy will no longer be in effect. We offered this as a courtesy due to our own last minute changes

in schedule and we understood that it was difficult to make changes and arrangements were made based on the schedule given at the beginning of the season. It caused many issues with communication and we cannot continue to offer that benefit at this time.

a. Xcel: the purpose of this program is to allow for flexibility so many of the gymnasts in this program do other activities/sports. Additionally, Xcel offers flexibility with skill requirements. While there are still mandatory skill requirements in Xcel, gymnasts may benefit from a broader selection of skills to meet skill requirements in Xcel. The gymnast's Head Coach will be able to tailor skills performed in routines to meet requirements while leveraging the gymnasts strengths.
    i. Gymnasts may be grouped with individuals around their own age, however, their teammates may be significantly older or younger. This is because gymnastics is a sport where skill level is based on skill level rather than age.
b. Developmental: we encourage your gymnast to try other sports/activities when they are younger on their off days, but as they get older this will become more difficult (days and training hours will increase). Gymnasts in the Developmental Program will have to make a decision on whether or not the program is the right fit for them and this includes the time commitment that is required by our Developmental Program. Gymnasts will need to determine whether they are truly serious about gymnastics by 7th-8th grade. Other activities must be communicated to the Head Coach so they can plan accordingly
    i. Gymnasts may be grouped with individuals around their own age, however, their teammates may be significantly older or younger. This is because gymnastics is a sport where skill level is based on skill level rather than age.

5. *Snack/Water Breaks*: Gymnasts are to bring their own spill proof water bottle to every practice and it can accompany them to each event so they don't lose valuable practice time leaving to get water. Team gymnasts get a 10 minute break from practice to eat a small healthy snack to help them refuel. This snack break will take place in the hallway. We require the snack to be easy to open/eat, mess free, and should be easy to consume within the 10 minutes (this time includes clean up time and using the restroom if needed).
6. *Cubbies & Cleaning Duties*:
    a. *Cubbies*: Team cubbies will be in the gym and will be used by ALL members of the team. Each gymnast may use one cubby/practice (only Optional level gymnasts will have a designated cubby assigned to them) to place their belongings in. Coats and boots can be hung up in the multipurpose room. At the end of every practice, they are to take their belongings home. Any items left will be either thrown away or donated. Please call the gym and leave a message if your gymnast has left something so we know to look for it.

b. *Cleaning Duties*: We require our team gymnasts to do their part in helping keep the gym clean. We pay for a professional cleaning crew to come to the gym on a weekly basis to handle the "big stuff" so we are not asking for much. **1 -** put away equipment after being used **2 -** clean up after snack break (includes vacuuming if necessary) **3 -** cleaning cubbies out and taking belongings home **4-** notifying staff of any messes that need attention

7. *Attire & Equipment*:
    a. *Attire*: Gymnasts are required to wear a proper fitting leotard and any necessary undergarments. They can also wear tight fitting biker style shorts over their leotard. Two piece leotards, shorts with only sports bra, and loose fitting shorts or clothing of any kind are not allowed. Loose fitting clothes are a safety hazard for both the athlete (it visually impairs them when they're flipping, can get caught on equipment, and the coach cannot catch them safely if they were to fall) and the coach (if they are spotting and their hand gets wrapped up they can break fingers). Hair needs to be completely pulled back and should not be in eyes. During the winter months, gymnasts may wear a sweatshirt or pants for the start of practice (must be proper fitting) until the completion of cardio to stay warm. This is to the coaches' discretion and should not be a distraction to practice. No jewelry, with the exception of stud earrings, allowed (safety concern).
    b. *Equipment*: Lower level gymnasts do not require much beyond their leotard and a water bottle. As a gymnast progresses through the levels they will need to purchase equipment along the way (grips, bands, sometimes braces or supports). Gymnasts who wear grips should have two pairs (broken in) at all times. Grips take time to break in and feel comfortable. We never want a gymnast to be in a situation where their grips break and then they are unsafe during practice or at a competition.
8. *Cell Phones & Social Media*: Gymnasts should not be on their phones at ANY time during practice. In addition, athletes should be focused solely on practice and not on social media or texting. Gymnastics is a dangerous sport if unfocused.
    a. If this becomes a problem, the parent will be contacted.
9. *Attitudes*: "TEGA: where working hard is fun!" We expect our gymnasts to come to practice ready to work hard and give their best. Everyone has good days and bad days, but the key is to do the best with what you have that day. If the tank is at 60% and you give 60%, then you still gave 100% effort for that day.
10. *Respect*: Our coaches are not here because they are getting paid like an NFL coach. They are here because they love the sport of gymnastics and working with kids. Please make sure that you and your gymnast speak to them with respect. This also includes respecting their time. Many of them have young families of their own or full time professional careers in addition to the time they spend coaching (both in the gym and at home planning).

11. *Teammate*: TEGA gymnasts spend a lot of time in the gym. Our gym does not tolerate bullying, bringing outside drama from school, or any other negative behavior. Our coaches are trying to teach these young athletes about integrity, good sportsmanship, and how to be a good friend/teammate. We do not expect everyone to get along and be best friends, but we do require everyone to be respectful to all in the gym (staff, coaches, gymnasts, equipment, etc.).
12. *Disciplinary Actions*: The beauty of gymnastics is that it teaches so many life lessons. One of those lessons is that actions have consequences. A consequence can be good or bad, but it all depends on the action prior. There are consequences for TEGA gymnasts if they are misbehaving. Options can range (depending on the severity of the action) from:
    a. A verbal correction/warning
    b. Being pulled aside by the coach and having a brief discussion to see what is going on (this will never result in a gymnast being alone with a coach)
    c. Being asked to sit out
    d. Phone call from coach to guardian
    e. Being sent home from practice
    f. Parent, gymnast, coach, and Director meeting
    g. Being removed from team
13. *Strength & Conditioning*: Gymnastics requires immense strength, endurance, and flexibility in order to help prevent injury. All team gymnasts will participate in strength & conditioning, flexibility, mobility, and injury prevention programming. Strength & conditioning will always be designed to meet the appropriate skill level of the gymnast.
14. *Mental Performance*: Gymnasts are trained to throw their bodies through the air like graceful, yet powerful acrobats. There are four totally different apparatuses and gymnasts compete solo (teammates and coaches are of course present, but it's different than basketball where the whole team is on the court together). It can be incredibly draining and mental blocks are a part of every sport. However, gymnasts are more prone to these "blocks" due to the flipping, twisting, and swinging and it's very easy to trigger the amygdala in their brains. We make sure our coaches have gone through training with professionals in order to help the gymnasts work their way through these obstacles.
15. *Private Lessons*: TEGA does offer private lessons, however there are limits. A private lesson should have a purpose (for example: missed a lot of practice and need to get caught up, need specific 1:1 time to work through a fear or a specific skill/drill, etc.). The cost for one hour is $60 if it is during hours the gym is open for practices/events and $100 outside of normal practice/gym hours. The coach makes a flat rate of $40/private lesson regardless of whether it is during or outside of gym hours.

<u>Inclement Weather Policy</u>

We do not follow any school system to determine closure due to inclement weather. The Owner and Director will make the call a MINIMUM of 3 hours prior to practice times. An EMAIL will

be sent as soon as the call is made. Many times the weather improves as the day goes on, so snow that caused a tricky morning commute will not be the same by 4:00 p.m. If you have not heard about a closure and it's within 3 hours of practice time, the gym is open and they will have practice.
* The exemption to the 3 hour notice rule will be for power outages or unplanned extreme weather (which rarely happens).

Injury/Illness Rules

If injured, all gymnasts are expected to attend practices in some form (conditioning, team bonding, flexibility, or individual event work). We do require doctor's notes to excuse and return to practice. We will allow 50% off one month's tuition if the athlete's training hours are drastically reduced (or not allowed in the gym at all) by doctor's orders. Gymnasts who become severely ill (think intense mono, long COVID, etc.) will also be allowed to petition for this exception. Again, a doctor's note will be required. All situations will be determined by a case-by-case basis and will be at the discretion of the owner.

* TEGA follows all rules & regulations and protocol as determined by the CDC regarding concussions.

Traveling

We understand that families travel and go on vacations. Please make sure to keep an open line of communication between your family and the Head Coach regarding when your gymnast will be out of town/missing practice.

We determine tuition based on the cost of running the program for the entire year. We do not pro-rate for missing practices due to family vacations, being sick, etc. The only exception to this rule will be for our international families who have to leave the country for multiple weeks so they can see family. These cases will also be determined on a case-by-case basis and we will allow for 50% off one month's tuition.

* Anything beyond one month is up to the discretion of the Director/Owner.

Mobility Rules

There are many factors that go into the decision to move a gymnast to the next level (or between programs). There will always be exceptions to the rule, but we have the following general rules:

1. Formal Skills Testing (must have 90% of the new levels main requirements by the end of August)
2. Previous Season's Scores (minimum of 36.00 AA at 2 competitions)
3. Maturity, Developmental, and Commitment Level
4. Final Decision is made by the Head Coach. The gymnast and parents will be included in the decision making process, but the final call will be made by the Head Coach.

Purpose of Competitions

Every competition, or meet, has varying significance and the training for each will differ accordingly. For some meets, the focus may only be on obtaining a qualifying score for the state championship meets; therefore, a coach may tone down the difficulty and focus on higher quality execution. Another meet might be used to develop confidence and the coach may allow the gymnast to attempt new, more difficult skills and remove the worry of scores from the gymnast's mindset. Mobility meets are set up for a gymnast to obtain a specific score so she can move to the next competitive level. The coach may not be focusing on awards in such a meet. Finally, there is the meet at which everyone hopes the coach and gymnast will pull out all the stops - state championships. Our hope is that their efforts from the past year will be showcased.

Competition Rules

We typically attend 6-8 competitions each season. Our goal is to give the gymnasts the opportunity to get into a rhythm for competitions but to give them enough time between meets to make adjustments and develop skills. The more meets your gymnast attends, the more comfortable they will be with competition, but we still only require participation in our home competition and the state meet. Xcel typically have their first meet at the beginning of December (usually very local - within 1 hour). Developmental will typically have their first meet of the season at our home competition. The TEGA Hot Cocoa Classic is typically the 3rd weekend of December. January and February are normally the months where there is a choice between local meets (usually in Ohio) or away meets (out of state). The last regular season meet is usually the very beginning of March, with the state meets to follow sometime between March-April. This schedule is merely an outline of what our competition season normally looks like, but it could change. We do a mock meet one day of the week leading up to competition weekend. This is where all teams will treat practice like a competition and will warm up & show routines and then move to the next event. This may end up on a day that your gymnast does not normally practice on, but it will be communicated to you in advance.

When we choose a competition we will NOT know which day or time your gymnast will compete. Two to three weeks before the competition, the host gym will send out competition information. As soon as we receive that information, we notify the parents (via email). This will tell you the exact day, time, and location of when your daughter will compete.

The length of competition time can vary, depending on how efficient the host gym is. The average meet can take as little as 3.5 hours or as long as 6 hours. Reading materials or some other project is encouraged for spectators to help pass the time. Meets are typically ran in the following format:

General Stretch/Warm Up: 20-30 min.
Team Introductions: 10-20 min.

Timed Event Warm Ups: ~20 min.
Competition: 2-3 hours
Awards: 30-60 min.

- *Attendance*: gymnasts must attend every practice the week of the meet (extenuating circumstances will be taken into account)
- *Attitude*: a positive and respectful attitude towards coaches, teammates, and practice in general is important. Gymnasts must be emotionally ready for the competitive arena.
- *Scratch/Withdrawal*: gymnasts must do all skills/full routines at the mock meet in order to compete (this applies to events and the entire meet) - must be able to show the ability to make a full routine
    - If an athlete cannot behave appropriately (excessive crying, unsportsmanlike conduct, etc.) they will be removed from the competition.
- Gymnasts must be up to date on ALL fees (tuition, competitions, etc.) in order to attend competitions (we will not enroll a gymnast if their account is not up to date)
- *Regionals*: Only Developmental levels 7+ and Xcel Diamond/Sapphire level gymnasts will have the potential to attend Regionals (have to qualify from States and will compete against other states)
    - Level 7 and Xcel Diamond/Sapphire: MUST make team Ohio
    - Levels 8+: 36.00 all around at the state competition
- *Easterns/Nationals*: Only level 9 or 10 gymnasts can qualify for Easterns (level 9) or Nationals (level 10). This is determined by their placement at the Regional competition.

Competitions:

- *Attire*: All teams wear the competition leotard, plain black leggings, team jacket, and team bookbag to every competition. Undergarments must not be visible (USAG Competition rule, not ours) and should be the same color as the leotard or skin tone. Gymnasts should be clean and have their hair tightly and neatly pulled out of their face. Coaches may require a certain hairstyle (think bun, etc.). Light makeup is acceptable, but not required. Most gymnasts do not wear makeup for competitions.
- *Attendance*: If your gymnast is signed up for a meet, they should be at that meet. Gymnasts are expected to be punctual (ready to go 15 minutes prior to their scheduled report time). **Competitions do not wait for late athletes**.
- *Behavior*: Gymnasts are representing TEGA at competitions and need to act accordingly. All TEGA gymnasts are to be good teammates, introduce themselves & cheer for other gymnasts in their rotation (even if from another gym), pay attention to their coach(es), and know their routines/warmups. Coaches will review acceptable and unacceptable meet behavior at the beginning of each season, but the expectations follow good common sense for competition in any setting.

Parent Rules for Competitions:

1. Check for email communications on location, times, etc. so you are prepared the day of competition.
2. Please have your athlete at the competition ON TIME! This means ready to go (hair done, went to the bathroom, given any extra coats or belongings to their adult) by their report time. Families should be inside the facility 15 minutes prior to their report time to allow for time to check in.
3. No flash photography. This is for the safety of the gymnasts.
4. Competition structure is highly regulated, but may vary from one competition to the next. The order of competition and warm ups may be determined by the host gym. All gymnasts will be given an equal amount of warm up time/touches.
5. The only people allowed on the competition floor are the competing gymnasts, coaches, and judges. No siblings, parents, friends, etc. are to cross the line into the arena. Please note, many competitions have to designate the area for coaches, gymnasts and judges, and we expect that parents, friends, siblings etc. do not linger near the stanchions and remain seated during the competition. If your athlete gets injured during competition, you are to remain seated until the coach gives you the green light to come over.
    a. Please leave your gymnast & the coaches alone during the competition. If the coach has a question, they will reach out to you directly. Otherwise please give them their space to do their thing! =]
6. Contacting the judges, in any way, during a competition is unacceptable. USAG is very strict on this. Please note this is different from other sports where you can ask the referee questions. If you have questions regarding judging, please follow up with the coach at the completion of competition (remember the coach may have to jump to the next session and might not have time directly after the meet). Even coaches have to submit a formal inquiry regarding routines and are not allowed to contact the judge during the competition. Gymnastics judging is extremely intricate and regulated; please note that fairness and accuracy in judging is a top priority of USAG.
7. You are representing TEGA at competitions. Please make sure to cheer for all gymnasts and be careful what you say because you never know who is sitting next to you.
8. TEAM SPIRIT! We encourage you to cheer on all TEGA athletes, wear TEGA "swag", and be your athlete's biggest hype man.
9. You may take your gymnast home at the completion of awards. All gymnasts are to stay until awards are complete (and not just for their age group). Coaches do not stay for awards, but they will make you aware of where your athlete is prior to leaving.
10. If a gymnast has to withdraw from a meet (**for any reason - sickness, injury, behavior, etc.**), and it is after the withdrawal deadline (determined by the host gym), you will still be held responsible for fees associated with that competition. We register the gymnasts for the competition through USAG and then the host gym charges us once the final numbers are in after their deadline. *Please keep in mind that refunds are not our decision and we have no control over the deadlines.*

Glossary of Gymnastics Terminology

Age Group: determined by the gymnast's age at the competition or the day of the state competition; designates the grouping of athletes that will be competing against each other

All Around Score: the total score of all 4 events added together and is used to determine the overall winner of each level & age group. A perfect AA score would be 40.00.

Conditioning: dedicated time spent developing strength, endurance, flexibility, mobility, and conditioning the body for the specialized movements and body shaping gymnastics requires

Compulsories: Developmental levels 2-5

Deduction: the result of an error in competition that takes away from the gymnast's total score on the event (each event starts out of a 10.00 if all requirements have been met)

Event: in women's artistic gymnastics there are 4 events … vault, uneven bars, balance beam, and floor exercise

Flexibility: gymnasts are required to be very flexible in order to perform many of the skills and time will be spent stretching the body to meet those needs and prevent injury (think splits, bridges, shoulder & hip opening, toe point stretching, etc.)

Grips: something gymnasts wear on their hands to assist with holding on to the bar for higher level swinging (made from leather and the fit becomes customized to each individual gymnast)

Meet: another term for a competition

State Meet: In most cases, the season finale, where qualified gymnasts compete with other gymnasts throughout the state. Higher level gymnasts may go on to compete in regional or national level competitions.

Regional Meet: competition following state meet / must qualify for at states / Ohio is part of Region 5 (Ohio, Kentucky, Michigan, Illinois, and Indiana) … this is a very serious, high level of competition

National Meet: competition following the Regional meet / level 9 is Easterns and level 10 is the entire country / this is an honor to attend and means your gymnast has a attained a very high level of competition

Mobility: moving from one level to the next

Optionals: Developmental levels 6-10 (USAG's definition)
(and for us at TEGA that includes Xcel Platinum, Diamond, and Sapphire)

Routine: a series of skills, and sometimes dance, put in a specific order that each gymnast is to memorize and show on an event during a competition (some are compulsory, meaning everyone in the level does the exact same thing / some are choreographed by the coach for the entire team / and some are choreographed for each individual)

Season: there are four main time frames or "seasons" for gymnastics

1. *Shock*: post competition season and the purpose is to focus on "shocking" the body with strength, flexibility, injury prevention, etc. to set the gymnast up for a productive pre season.
    a. April or May
2. *Post season*: period after competition ends and the gymnasts focus in on basics, building up strength, and rehabbing
    a. May - August
3. *Pre season*: lead up to competition season (focus is on strength, drills, and skills)
    a. September - November
4. *In season*: gymnasts are actively competing or getting ready to compete (focus is on skills & routines)
    a. December - April

Touch(es): meaning the time the gymnast gets to be on the apparatus to warm up prior to competition. The time is determined by their level by USAG and is regulated by the host gym to ensure fairness.

USAG: the governing body of USA Gymnastics

Xcel: levels Bronze, Silver, Gold, Platinum, Diamond, and Sapphire

Team Agreement

Team gymnastics is a privilege and can be a very rewarding experience. However, it is not for everyone. By signing this document you are acknowledging you (all - including the gymnast) have read, understood, and will abide by the expectations of this document and team.

Part of this agreement is knowing that TEGA communicates predominantly via email. It is your responsibility to check your email daily for correspondence. We promise to always communicate in a timely manner (with the exception of emergencies). Please list all emails that you would like for correspondence for this upcoming season:

_____

_____

_____

We will occasionally film and take pictures at both practices and competitions for use in our gym's website, social media accounts, and other marketing materials. All images will be tasteful and will not include personal information (full name, age, etc.).

_____ NO, I do NOT give permission for use of my gymnast's image.

_____ YES, you may use my gymnast's image.

Please return this Agreement to TEGA by August 1, 2025. If your agreement is not turned in by August 1st, the gymnast will not be eligible for practices until it has been turned in.

_____
Parent's Name (Printed)

_____ _____
Parent Signature Date

_____ _____
Gymnast Signature Date