

Competitive Team Program Policies

1. Gymnastics training is exclusive to this program. Gymnasts may not train at any other gym, camp, or clinic while competing and/or representing this facility without explicit consent from the management.
2. Team is a privilege and is by invitation only. At any time, your child can be removed from the competitive program, and any unspent entry fees will be returned.
3. Each gymnast is required to attend and be on time for all regularly scheduled practices. Meaning on the floor ready to go when practice begins and not talking or hanging out. If for some reason you are late or absent, you are required to call the office and notify the coaches. Unexcused absences for any period longer than one week will result in immediate team dismissal unless special circumstances are approved by the Head Coach or Director.
4. Proper workout attire is always a must.

Female Gymnast –

- Leotards that fit properly
 - No T-shirt or loose shorts are allowed.
 - Briefs and sports bras are required as deemed necessary by the coach.
 - Hair must be pulled up and ready to go before practice begins. Hair must be at a reasonable length for gym. Hair must be pulled up securely out of face, and ponytails cannot touch the bottom of the neckline. This includes and is not limited to hair extensions and weaves/beads. If your child's hair is a safety risk, they will be sent home and will not be allowed to practice.
 - No jewelry of any kind will be worn during practice. This includes dangly earrings, necklaces, bracelets, toe rings, facial jewelry, etc. **One** pair of stud earrings is allowed in competition.
 - Finger and toenails must be kept trimmed.
5. All gymnasts are required to bring a gym bag to each workout with the appropriate equipment as listed by the coaching staff.
 6. Absolutely no food, drink, candy, or cell phone is permitted on the workout floor. All snacks or meals must remain in the lobby area. Water bottles are the only exception to this rule.
 7. Gymnasts may not leave the workout or competition floor without the expressed permission of the coaching staff.
 8. Interaction between gymnast and parent (visually or verbally) during workouts or at gymnastics competitions is not appropriate. A distracted gymnast is a prime candidate for injury. Contact the front desk or the coach first if you need to communicate with a gymnast on the workout floor or competitive site.
 9. All injuries, no matter how small, must be promptly reported to the coach. Injured athletes are required to attend practice. They will be assigned a modified workout, keeping within doctor's restrictions.

10. No gymnast may be left at the facility unattended under the age of 13. When dropping off a team member, please do so within a reasonable time frame. **Do not drop off anyone more than ten minutes before the start of the scheduled practice** and be prompt to pick them up at the conclusion. The Armory is not responsible for any child before and after class.
11. There is a late pick-up fee assessed if you are more than 15 minutes late picking up your child: \$25 after first 15 minutes, \$1 each additional minute. We understand there will be an occasional unforeseen circumstance. Please place a courtesy call to the gym if you are expecting to run late, so arrangements for your child can be made.
12. Coaches follow SafeSport guidelines. The coaching staff has the final say in all competitive program matters, as they are ultimately responsible in the eyes of the law for each child's well-being.
13. All competitive gymnasts must demonstrate proficiency (mentally and physically) in all skills appropriate to their competitive level to be allowed to enter any competition. In addition, the gymnast must be in good health and have attended every workout 2 weeks prior to any competition. **If any absences occur within the 2 weeks of a competition, your child can be scratched from events/meet.** Special situations should be discussed well in advance of the competition with the coach. Any outside circumstances (sickness) will be evaluated on an individual basis.
14. Most of this section has focused on the gym; however, the coaching staff believes that the order of importance always needs to be family, education, and then gymnastics. If you choose to be a member of our program, we assume you have allowed appropriate time for family functions and that your child's study habits, and schoolwork is of exemplary quality.

We do not advocate the use of this statement as an excuse for coming late to workouts, missing practices, etc. As with all things in life, it is your responsibility to fulfill your commitments.

Armory Athletics

EXPECTATIONS OF CONDUCT FOR GYMNASTS

Discipline and gymnastic technique are determined only by the coaching staff. Workouts are not for socializing; they are for skill development. Idle chatter and horseplay are not acceptable during workout.

The coaching staff has the right to suspend or ask a gymnast and/or parent to terminate enrollment due to continuous disciplinary problems which impair the safety and progress of the other program participants. Should this occur, non-refundable fees will be forfeited. Should a child be dismissed for conduct, a re-evaluation by the head coach must be conducted and approved by the Director before the gymnast can be reconsidered for the team.

The following rules are established as the **minimum** acceptable expectations of conduct for team members while attending practice. At Armory Athletics, we believe a gymnast's performance is a direct reflection of the quality of their practice.

1. **Time:** Time in the gym is critical to the development of skills and strength for any gymnast. Your commitment to the team involves a **FULL YEAR** schedule, including participation in all scheduled practices and **competitions**.
 - a. Attendance and promptness to practice is mandatory. Gymnasts arriving late with an unexcused tardy to practice can expect additional consequences. Gymnasts missing practice without notifying their coach may be removed from the roster. **Unexcused absences for any period longer than one week will result in immediate team dismissal unless special circumstances are approved by the coach or Director.**
 - b. If any absences occur within **2 weeks** of a competition, the athlete will be pulled from the meet unless the coach notifies parents otherwise. This is a safety issue. Monies are non-refundable.
 - c. Girls Team Members - If a gymnast misses two or more practices during the month of a competition, they will have to schedule at least one private lesson. If a gymnast misses one or more practices during the month of a state, possibly regional, or national meet, multiple lessons could be required. Practice time is pivotal, and it is not fair to the gymnast or the coach to miss practice and not make it up during the competition season. The number of absences and level are a contributing factor in determining how many extra lessons are required.
 - d. A gymnast cannot miss more than 4 practices a month as a compulsory gymnast, and 2 practices a month as an optional gymnast. Arriving late to practice and leaving early will go towards this number. Gymnastics camps do not count toward days missed. Coaches must be aware in writing/email that your gymnast is attending gymnastics camps, and the time frame your child will miss practice. Sickness and family emergencies will not count towards the above days missed policy, but your gymnast will be required to make-up what was missed in practice.
 - e. Once a gymnast is dismissed for attendance, they must be re-evaluated by the head coach or Director, before being able to participate in team practices.
 - f. Although regrettable, injuries do occur through the normal conduct of practices. Injuries **DO NOT** excuse a gymnast from future practice. Specific strength, flexibility and conditioning programs will be constructed for injured gymnasts.
2. **Behavior:** The gym can be a hazardous place.
 - a. Gymnasts shall conduct only planned and expected skills. Practicing skills when they endanger other gymnasts (in line) is strictly prohibited. The responsibility for safety belongs to everyone. Gymnasts conducting unsafe skills (endangering others, not previously practiced, or unspotted) are grounds for immediate team dismissal.

- b. As a safety precaution, if a gymnast is not completing the required percentage of repetitions of skills during practice, the coach will omit these skills from competition, scratch gymnast from entire competition, or scratch gymnast from individual event until the coaching staff considers them safe.
- c. Gymnasts will listen to coaching direction, and they should be mentally and physically ready to conduct planned skills during their turn. Distracting or impeding a gymnast, prior to or during their turn, are grounds for immediate team dismissal.
- d. Unless directed by a coach (such as in conditioning) gymnasts **SHALL NOT** physically encounter other gymnasts. Pushing, pulling, fighting, bullying, etc. are grounds for **IMMEDIATE** team dismissal.
- e. Disrespectful behavior within the gym or at competitions will not be tolerated, this includes parents. You will be notified if problems arise. Persistent problems from gymnast/parents are grounds for team dismissal.
- f. Gymnast use of electronic devices is prohibited during practice, in locker rooms, and at competitions, unless used for filming skills/lesson plans.
- g. Social media – You are solely responsible for what you post online. Before creating online content, consider some of the risks and rewards that are involved. Keep in mind that any of your content that adversely affects team members, team member performance, or otherwise adversely affects citizens, people who work at the Armory Athletics Center, may result in disciplinary action up to and including team dismissal. Gymnast and Coaches **CANNOT** be friends on any social media platform.

ANY conduct involving social media, texts to other teammates, etc., that is brought into the gym or to coaches' attention will be investigated and the severity determined. Parents will be contacted, followed by a meeting with any members involved. **Proper authorities** will then be notified and involved. If criminal, the proper Law enforcement would take over the case. Afterwards, a plan of action will be implemented. All parties involved will sign off on the plan. This could result in suspension, probation, or dismissal. This is inclusive to **all representations** of the program.

Social media is a HUGE personal issue that we as parents and mentors will be addressing in this generation. Thank you for your help in monitoring this matter. We also encourage communication between parents with **any red flags** involving the athletes.

Group Chat - At Armory Athletics, we recognize the reality of young athletes having access to the internet and social media, and it is common for teammates to connect through group chats and other online platforms. While we encourage positive friendships, we ask parents to remain aware of online interactions between athletes. Monitoring your own child's activity is important; however, please understand that not every participant in a group chat may share the same level of maturity or judgment. We expect all athletes to represent our program with integrity and to ensure that conversations, messages, photos, and shared content align with the standards outlined in our team agreement. Inappropriate communication, bullying, explicit content, or behavior that reflects poorly on the team may result in disciplinary action, including suspension or permanent removal from the team and the Armory Athletics program. We take these matters seriously to protect the safety, culture, and character of our athletes.

The Armory Athletics Center follows all Safe Sport Rules and Regulations. Please visit <https://uscenterforsafesport.org/> for detailed information pertaining to athlete's safety and well-being.

h. Disciplinary Actions for Conduct:

1st incident: Child will be verbally warned.

2nd incident: Parents will be notified, and child will be dismissed from practice.

3rd incident: Parent-Coach conference; decision will be made determining if your child can continue participation with our team.

The above list is regarding a "Plan of Action" involving misconduct.

The team agreement addresses general conduct in and out of the gym facility. It addresses what it means to represent your organization, family, and yourself. If any areas are not specifically stated, it would depend on the severity of the conduct.

Pit Safety

Below you find the list of rules which gymnastics team members are expected to follow when training with or considering the use of the safety pit:

- a No unsupervised use of the pit. Horseplay in or around the pit will result in a suspension of privileges from use of the pit with the length of suspension to be determined by the Director.
- b Avoid headfirst entries into the pit. **DO NOT DIVE INTO THE PIT!**
- c During competitions, exhibitions, or any event outside of normal practices, the pit is off limits unless authorized by the Director.
- d Attempt only those skills requested by a coach or outlined by the Director.
- e Only one gymnast/cheerleader in the pit at a time unless cleared through the Director.
- f Any recreational use must be cleared through the Director.
- g In case of injury, do not attempt to enter the pit or move an injured student. **GET THE DIRECTOR IMMEDIATELY!**
- h Exit the pit immediately after completing a skill.
- i Pay attention to progressions.
- j Remember, foam safety pits are not fail-safe, and their use can result in catastrophic injury. Use common sense and keep safety first.

Failure to adhere to these rules will result in the suspension or revocation of your pit privileges.

LOCKERS/CUBBIES

The lockers/cubbies have been reserved for sole use by gymnastic team members. Gymnasts are expected to adhere to the following rules and procedures:

- a No food or colored drinks allowed.
- b The locker must be clean.
- c Team members only. No siblings or friends in the locker/cubby area.
- d The Armory is not responsible for lost articles. Leave valuables at home.
- e Gymnasts will only be allowed locker access 10 minutes prior to class.
- f Gymnasts are not allowed to hang out at lockers/cubbies during practice.
- g NO ELECTRONIC DEVICE use is allowed during practice unless approved by the coach.
- h Parents are not allowed in the lockers unless permitted by a team coach or the Director.
- i In the event of a problem, get a team coach or the Director immediately.
- j Do not open anyone else's locker or your locker privileges will be revoked.
- k Do not change lockers without the head coach's permission.
- l The administration can access your locker at any time.
- m Failure to follow these rules and procedures will result in the revocation of locker privileges.
Please, take care of YOUR lockers.

Parent Commitment

1. Make sure gymnast attends all regularly scheduled workouts, meets, and special functions. Communicate with the coaches regarding any problems.
2. Check the bulletin board and email regularly to stay current with team activities.
3. Any paperwork (meet schedules/competitions, maps, etc.) will be placed on the bulletin boards. Important information can also be found on the bulletin boards upstairs/downstairs, emailed to you, on our Facebook page, Instagram account, and at www.ArmoryAthletics.com . Please check all the places for information. It is not the coach's job to keep parents informed of club activities, fundraisers, etc.
4. Make sure we have a valid email address and that you are set up to receive emails from us. If you have multiple households that emails need to go to, please see front office. If you do not have a GMAIL account, we will need a secondary email address to send statements to.
5. Make sure all contact information is kept current.
6. Please attend the scheduled Armory Alliance/team meetings. Notices will be posted in the gym, sent via email, and sent home with the gymnasts.
7. It is the parent's responsibility to contact the office in the event your child no longer wishes to participate in our program. This is not the coach's responsibility! If you have not notified the front office and filled out a written cancellation form, you will continue to be billed for monthly tuition, and expected to pay monthly tuition.
8. Parents - Now that team practice is in close proximity, please keep within the required boundaries and communicate before and after practice unless there is an emergency or approved by coach.
 - a. Suggestion: Do not stay always. Our children seek approval from all and it is hard to concentrate and focus most days. We encourage observation and involvement, but do not distract athlete or coach during practice. Maybe go for a walk or sit in the lobby. Thank You.
 - b. Beam/back gym - Practice in this building is closed. There is not a spectator area due to the equipment set-up. Viewing is done by request only and must be approved by the Director.
9. Friday Team practices will be closed to parents and spectators.

Parking

There will be no parking between the 2 buildings (New gym and catwalk). This will be used for dropping off only, then proceed to park in a designated parking spot. When waiting for your gymnast, do not block the walkway for children between the new gym and the catwalk. This is a huge problem when it rains.

Emergency Parking/Fire Lane

Emergencies happen when you least expect it. We always need to be prepared to keep your athletes safe. You can help by NEVER parking in the Fire/Emergency Lane. It puts the safety of our children at risk.

When you are dropping off or picking up your children, please remember the safety rules apply and please no speeding in the parking lot.

LET'S ALL DO OUR PART TO KEEP OUR FIRE LANE CLEAR AND FREE AT ALL TIMES

General Meet Information

Participation in Scheduled Meets

All team gymnasts are expected to compete in ALL meets to which they are invited unless they are sick or injured.

Meets have different meanings and the training for each will differ accordingly. Some meets, the focus may only be on obtaining a qualifying score for the state championship meet, therefore, a coach may tone down the power and focus on higher quality execution.

Another meet might be used to develop confidence and the coach may allow the gymnast to attempt new skills while removing the worry of scoring high 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 that everyone hopes the coach and gymnast will pull out all the stops – state, regional and national championships, where everyone hopes their efforts from the past year will make them a winner.

Missing Meets– this should be used only for emergency situations.

Meet Withdrawal Form: Per our rules and policies, written notification of your child's inability to compete in any scheduled competition must be submitted, in writing, immediately, **before the entry fee is due**. Failure to do so will result in being entered into meets you were not intending on going, thus losing your meet entry fee, and being charged for all pertinent fees associated with that meet.

Gymnasts who are unable to attend a scheduled meet should contact the coach, in writing, as soon as possible. In most cases meet entry fees are due months in advance of the actual competition date and are non-refundable. Very rarely will we be able to obtain a refund, in most we will not. Therefore, knowing which meets you cannot attend ahead of time will eliminate the confusion and the loss of non-refundable meet fees.

Meet Fees & Travel Expense

Each gymnast is responsible for paying her own meet fees. These fees will vary depending on the type of meet (I.E. local qualifying meet, invitational or state meet). Meet entry fees are generally between \$100- \$150. Each gymnast is responsible for their own transportation to the competition, hotel (if needed), and all meals.

Armory Athletics offers fundraising to assist families with their meet/competition fees. Please see the office for details.

Admission is charged to spectators at meets.

MEET ENTRY LATE FEES:

Many host gyms have instituted a \$175 late fee per club plus \$25 per gymnast. **If your fees are not paid by the due date, you will be charged a late fee.** There is no guarantee that a spot will be available for late entries.