

Introduction

A strong team program begins with a strong commitment from the gymnasts, the parents and the staff.

This agreement is a legal contract, between the parents and the gymnast, and the North Shore Gymnastics, Inc. We are committed to promoting positive enthusiasm for the sport and strongly believe that competitive gymnastics builds character, self-confidence and responsibility.

This contract is the first step you must take to fulfill your commitment to the program. Please take the time to read and understand the contents of this document. If you feel both you and your gymnast(s) are ready for the challenge, simply sign and date the Agreement page of this contract and return the entire contract to us. You will be given an unsigned copy for your reference. We'll see you at practice!



North Shore Gymnastics, Inc. reserves the right to amend this contract with written notification of the changes. Amendments will have to be signed and dated by the signer of the original agreement. Failure to agree to and sign an addendum will result in the termination of this agreement and the gymnast will no longer be a member of the North Shore Gymnastics Team.

ARTICLE 1

Is Your Child Ready?

North Shore Gymnastics evaluates potential competitive gymnasts on many levels. Your child will be considered for a spot on the team by displaying the following traits:

- **Gymnastic skills and ability** – A gymnast must have certain, basic skills and the ability to perform them at will. The skills we evaluate differ depending on age and experience.
- **Desire** – This cannot be taught. A competitive gymnast must have the desire to perform well, whether mastering a cartwheel or a Level 10 routine. Desire goes a long way.
- **Self-Motivation** – A gymnast must have the motivation to work throughout the entire practice, even when the coach is giving personal instruction to other team members.
- **Self-Discipline** – A gymnast must have the discipline to focus and remain focused throughout the entire practice. The failure of a gymnast to focus can create an unsafe situation for themselves and others. The coaches' responsibility is to teach, not to discipline the gymnast.

It is important to keep in mind that children learn at different rates and each child has individual strengths and weaknesses. Some children will advance rapidly in gymnastics and some will advance slowly and every child will reach their own summit. Very few gymnasts make the national level and less than that reach the Olympic level. While every parent has dreams of greatness for their child, the reality of gymnastics is this, most recreational gymnasts do not have competitive ability, most competitive gymnasts will not reach Level 10, and so forth. If your child can use this sport to help them grow as a person and become a responsible citizen, this is the greatness parents should dream of.

The coaches and the owners of North Shore Gymnastics make the final decision on the readiness of a gymnast to become a team member.

Being a Team Parent

A team parent must be committed to the goals of the team and the gym as set forth in this contract. All team parents are required to be active members of the North Shore Parents' Organization, Inc. Please refer to the North Shore Parents' Organization Manual for member guidelines and responsibilities. The parents must be supportive of the program with the children and other team parents at all times.

The time commitment may be the most demanding aspect of being a team parent. Practice sessions are 3 to 4 times a week for 2-3 hours per session. Gymnastics is a year round sport.

Gymnastics is not inexpensive. The financial commitment for this sport must be given careful consideration when deciding if competitive gymnastics is for you and your child. However, your participation in the parents' organization fund raising can offset much of this expense.

One further note, negative or derogatory remarks, gestures and expressions towards the gymnasts, coaches or the program will not be tolerated. If you do not feel the program meets the expectations of you or your gymnast, you may terminate this contract as per the agreement. The coaches are available to speak with you about your gymnast on a one to one basis, by appointment only. The parent representative is available to answer your questions directly or will direct your comments and questions appropriately. Practice and meets are for the gymnasts. Please leave the coaching to the coaches. If you are a distraction for your child or anyone else's child, you will not be allowed in the gym during practice. This creates a serious safety concern everyone on the floor.

The Staff

Experienced, knowledgeable, fully committed, this best describes the staff responsible for training our gymnasts. Every member on our staff has been hired for specific skills and knowledge. The staff at North Shore Gymnastics wholly understands they are training children in the sport of gymnastics. Positive reinforcement, constant encouragement and ongoing enthusiasm are staples in our program. Our instructors are carefully screened before they are hired and constantly evaluated thereafter. Demeaning or condescending behavior or language towards the children will not be tolerated from anyone on our staff.

ARTICLE 2

Our Team

Competitive gymnastics is fun work at North Shore Gymnastics. We feel that gymnastics should be fun, yet constructive, thereby making practice enjoyable for everyone involved. Let's face it, practice is 2-3 hours long, at least three times a week year round. The children and coaches spend a lot of time together, so if the work at hand is fun, is it work? The team is expected to train for the entire practice session including conditioning.

We promote friendly competition in the gym. As with our staff, demeaning or condescending behavior from our gymnasts will not be tolerated and will be corrected immediately. We train as a team, compete as a team and have fun as a team.

The Season

Gymnastics is a year round sport. The gym is heated in the winter and cooled in the summer. Beginning in July, the upcoming season slowly begins to take shape. The parents' organization is already fund raising, the coaches are preparing the gymnasts for the skills they will need to be successful this season and meets are being lined up on the calendar for the approaching season. The meet schedule will begin to form in September and the first meet of the season will most likely be in December. Each gymnast can expect to compete 5-6 invitationals with a chance to qualify for states in Maryland. Please note, your gymnast may not compete in every meet.

Gymnastic Meets

Gymnastic meets are, for the most part, invitationals. Generally, the meet requires two days of competition, sometimes more. Registration is required to participate in all meets. This consists of a team roster and the competition fee. The roster includes the name and level of each gymnast that will compete. The competition fee consists of a fee for each gymnast as well as a team fee (the fee schedule and payment options will be discussed in the NSPO Manual). Several teams will compete at one meet but not all teams compete on every level. The meets are generally broken down into sessions, (i.e. morning, afternoon, evening, etc.). After registering for the meet and at least one week prior to the meet, we will receive a meet schedule that will dictate which session each level will compete. For example, Level 4 gymnasts may compete on Saturday morning and Level 5 gymnasts may compete on Sunday morning. Each meet will vary based on the number of entries.

Invitationals are generally fund raising opportunities for the host gym or parents' organization. Each spectator will usually be charged an admission fee which allows

them access to the spectator seating. Only registered gymnasts and coaches are allowed in the competition area

The gymnasts will compete as a team for each event. Each team is part of the rotation on the floor. For example, our team may start on bars along with 1 or 2 other teams. When we and the other team(s) in our rotation have completed bars, we rotate to the next event, like beam. We follow this format until each team has completed each of the 4 events. Each gymnast is scored at the end of each event the individual competes. (Generally, the program for the meet will include a score sheet so you can record the individual scores as they are posted.) Competition may be further broken down by age groups. For example, Level 4 may be sub-divided into 6-7 year olds, 8-9 year olds, and 10 year olds. (This gives more gymnasts a chance to place and receive a ribbon or medal.) However, they still compete as a team for each level. The top 3 scores from each team, for each event, are used to determine the team's place.

Eligibility For Competition

The coaching staff makes the final decision regarding who is competing and at what level. The decision is based on several factors, including, but not limited to:

- The gymnast must be able to successfully complete the routine for each event of a level, without assistance from a coach
- The attendance record of the gymnast at practice and prior meets.
- The emotional, physical and psychological readiness of the gymnast to compete, based on the assessment of the coaching staff.
- **If the gymnast cannot perform all skills in his/her routine in practice during the week prior to meet. The gymnast will scratch that event.**

Gymnasts are expected to attend every meet they have entered. If a gymnast fails to attend a meet in which they have been entered without a valid reason (illness, family emergency, etc.), the eligibility of that gymnast to compete in future meets may be in jeopardy. Regardless of the reason, any registration fees paid to the host gym are forfeited unless otherwise specified by the host gym.

Preparation for Competitions

Adequate Sleep the Night before a Meet: Proper rest is essential for optimal performance. Gymnasts should get to sleep at a decent hour even if they don't have an early morning session. It is recommended the gymnast is in bed no later than 10:00pm the night before a competition.

Fueling the Body: Gymnasts should always have a nutritious meal before competitions. On the day of competition your child should eat a well-balanced meal about two hours prior to the actual competition. This energy will carry them through the entire competition. If necessary, a gymnast may carry water and pieces of fruit or granola in their gym bag to curb hunger pangs.

Apparel: Upon arrival, each gymnast should be wearing their team competitive leotard and full uniform. Visible undergarments can result in a deduction. If a child wears undergarments, using a beige color and straps that can be hidden under the leotard is essential. Underwear, if worn, should be beige and high cut.

Hair: Hair secured away from the face with hairspray, bobby pins, or clips. If the hair is not properly secured, the gymnast may receive deductions on her routines.

Nails: Wearing nail polish can result in deductions off the gymnast's score. All nail polish on fingers and toes should be removed the night before a competition.

Jewelry: Once again, excessive jewelry can result in a deduction. All jewelry must be removed before the gymnast arrives at competition.

Items to be Included Within the Gym Bag:

- Grips and wrist bands (if needed)

- Athletic tape

- Water bottle (water only)

- Hairspray

A small, nutritious snack including fruit or granola bar.

- Extra bobby pins, barrettes, rubber bands

Practice, Practice, Practice

Fun, work, and discipline are the essentials for practice at North Shore Gymnastics. When the gymnasts are at practice we expect them to have fun, work hard for the entire practice and have the discipline to attend every practice.

During practice, the gymnasts are expected to whole heartedly participate for the entire practice. Conditioning is just as important as learning a routine. The coach will work with entire team and each gymnast 1 on 1 during the practice. This means that when the coach is one on one with a gymnast, there are possibly 7 other gymnasts that must have the discipline to practice safely and effectively on their own.

The coaches are hired to coach, not to discipline. While we realize the gymnasts are children, we maintain high expectations from our team members. A child that requires repetitive disciplinary action by the coach takes valuable coaching time away from gymnasts that are committed. Please refer to Chapter 5 for more information regarding this subject.

The gymnasts are expected to attend every practice. Missing more than 2 practices a month could put your child in jeopardy of losing their spot on the team. We have a small team and it is unfair to maintain a spot on the team for a child who is not committed to the team. Please refer to Chapter 5 for more information regarding this subject. A medical or family problem may be acceptable reasons for missing more than 2 practices.

Practice sessions are 2-4 hours in length. The length of the practice session your gymnast is expected to attend will be determined by the coaching staff based on the gymnast's ability to stay focused. Practice will only be productive if the gymnast stays focused. Let's face it, everyone has a different attention span. If your gymnast does not stay focused and attentive, someone could be injured. The monthly tuition will be based on the number of practice hours you are required to attend as determined by the coaching staff.

If a gymnast is injured, which unfortunately happens, the coaches will speak with you directly about the injury and recommend an appropriate course of action. If your child has been seen by a doctor, please provide the coach with a written copy of the doctor's report. Our coach, along with your doctor will determine the best course of action for your gymnast. Usually, the gymnast will be able to practice a modified routine that

best suits the gymnast's injury. The gymnast is expected to attend practice once a modified routine is approved after an injury. Athletes under a physician's care are required to have a doctor's note outlining the athlete's limitations.

There will be no reimbursement, credit or reduction in tuition for missed practices. There will be no make-ups for missed practices. Tuition pays for your spot on team. Safety is the highest importance at North Shore Gymnastics. Typically we have an aerobic warm-up followed by dynamic stretches to prepare the gymnast's joints and muscles for gymnastics. After warm-up we condition (strength training, plyometrics, etc). Strength is the most important aspect in gymnastics. As the athletes grow, their strength needs to grow. If the gymnast is missing practice or coming in late, they are missing the most important part of gymnastics. For safety and skill development reasons we have outlined our attendance policy below.

1. Attendance overall must be a "B" average each month to remain a team member (if there are 12 practices the gymnast must attend at least 10 of them

2. If the gymnast misses practices the week before the meet or do not practice the skills needed for competition the week of the meet, then the gymnast will not be able to compete either an event or the entire competition

Clothing/Appearance During Practice

The proper attire for a gymnast during practice is a leotard with her hair tightly secured away from the face and nape of the neck. Tight spandex shorts with no draw strings may be allowed. The coach may request the gymnast to remove the shorts if it affects their ability to properly coach the child. Shirts and loose shorts are a safety issue. While spotting or on the equipment, the loose clothing can become entangled resulting in injuries.

Levels, Skills, and Ability

Every gymnast is unique and will progress at his or her own pace. Each gymnast has their own strengths and weaknesses. Every coach has their own strengths and weaknesses. It is up to the gymnast, with the help of the coach, to utilize and apply the

skills they learn to the best of their ability. The coach can only provide the knowledge for the gymnast; it is up to the gymnast to apply that knowledge.

The progress of a gymnast is governed by many factors both physically and psychologically, not the least of which, is fear. Fear can be a very difficult obstacle to overcome, both from the gymnast's and the coach's standpoint. Fear in children is very dynamic, it constantly changes, and therefore makes fear very unpredictable. As your child learns more routines, the difficulty of the skills required to perform the routines will increase (and, potentially, the level of fear). Of all the factors that govern progress, fear can hinder progress the most.

Too frequently, gymnasts are advanced to higher levels at the bequest of their parents, but are not sufficiently prepared to be competitive with other gymnasts at the same level. The resulting frustration often leads to a general disenchantment with the sport and a premature end to an otherwise promising career. Throughout your gymnastics career you will notice that several clubs have varying philosophies with regard to this concept. North Shore Gymnastics demands higher requirements than some clubs, and these requirements

United States Association of Gymnastics

Gymnastics is broken down into levels; Level 2 and 3 (considered entry level competition) through Level 10 and Elite. Levels 2 thru 5 are considered compulsory levels, which means the routines and the scored elements of each routine are pre-defined by the USAG. Levels 6 thru 10 are considered optionals, which means the gymnasts may perform different skills during a routine to meet the required elements. This allows gymnasts more freedom to exhibit their strengths and potentially increase their score.

This league is highly competitive and requires many training hours. Gymnasts in this league must be committed to the sport.

xcel

xcel is a recreational, competitive league, but still directed by USAG. Xcel league provides gymnasts with a fun and safe atmosphere in which to enjoy competitive gymnastics. Our emphasis is on having fun while using your skills to the best of your ability. We want ensure that every gymnast gets the same opportunity to compete equally and safely.

The intent of the league is for the gymnast to participate in a recreational gymnastics setting. The requirements have been set up by the league directors and judges to provide for a rewarding experience for each competitor at each level while remembering that the main focus is for each gymnast to enjoy gymnastics, but still working hard!

ARTICLE 3 Gymnast's Responsibilities

It is the sole responsibility of each to gymnast to:

- Perform to the best of their ability in every practice and every meet
- Listen to and obey the coach, and only the coach, at every practice and every meet
- Practice and compete safely at all times
- Be considerate and supportive of teammates at all times
- Represent your team with dignity and respect at all times including practice, meets, and special events
- Failure to comply will result in the following:
 - 1st Offense – Verbal Warning
 - 2nd Offense – Written Warning
 - 3rd Offense – Written Warning with Suspension for 1 week
 - 4th Offense – Dismissal from the Team and termination of the Contract

Parents' Responsibilities

It is the sole responsibility of each parent to:

- Be supportive of the gymnast, the team, the coaches and North Shore Gymnastics, Inc. at all times
- Have their child to every practice, on time and ready for practice
- Know the practice schedule and the meet schedule
- Leave the gym during practice if you are a distraction to your child or anyone else's child
- Notify North Shore Gymnastics, Inc. immediately of any injury or medical condition that has arisen from gymnastics or any other activity

- Meet your financial obligations to North Shore Gymnastics, Inc. and the North Shore Parents' Organization, Inc. on a timely and regular basis. Tuition pays for your gymnast's spot on the team
- Parents are not permitted in the gym area for any reason, unless otherwise directed by a coach or owner.
- Negative or derogatory remarks, gestures and expressions towards the gymnasts, coaches or the program will not be tolerated.
- Failure to comply will result in the following:
 - 1st Offense – Verbal warning with documentation
 - 2nd Offense – Written warning and you will not be allowed to observe practice
 - 3rd Offense – Dismissal of your gymnast from the Team and termination of this contract

Staff's Responsibilities

It is the responsibility of the staff of North Shore Gymnastics, Inc. to:

- Provide a safe environment to learn and practice gymnastics
- Teach each gymnast on a level respective of their physical and emotional capabilities
- Provide parents with information pertaining to your child's progress and competition readiness.
- Promote self-confidence, respect for the sport and teammates, and build self-esteem

ARTICLE 4

Financial Obligations

The financial obligations for a team member are as follows: Hours can vary slightly depending on season

- \$30 annual registration fee, due upon registration and on the anniversary of the registration
- Monthly tuition fee – Due, in full, by the 1st of each month
 - Level 2 (2) 4 hours \$85.00 per month
 - Level 3 6 hours \$130.00 per month
 - Level 4 6-8 hours \$150.00 per month
 - Level 5 10-12 \$175.00 per month
 - Level 6 12-15 \$200.00 per month
 - Level 7/8/9 14-20 hours \$255.00 per month
 - Xcel 2x a week 5 hours \$120 per month
 - Xcel 3x a week Gold \$155 per month
 - Boys level 4/5 8 hours \$155 per month
 - Boys Level 5/6 9- 11 hours \$175 per month
 - Boys level 6/7 13 hours \$190.00 per month
- A late fee of \$15.00 will be assessed if payment is not received by within 15 days the due date. And every 5 days thereafter.
- A returned check fee of \$20.00 will be assessed for all returned checks
- If payment is not received within 25 days of the due date, practice and meet eligibility for your gymnast will be suspended until your account is paid in full, or a repayment plan has been approved by management. Including all assessed fees.

- All checks for annual registration, monthly tuition and assessed fees are made payable to: **North Shore Gymnastics, Inc.**

Parents' Organization Responsibilities

The North Shore Parents' Organization, Inc. is responsible for fund raising to help offset the costs of competitive gymnastics.

The North Shore Parents' Organization, Inc. is responsible for collecting and paying all meet fees and coaches fees.

You are responsible to be a member and remain in good standing with the North Shore Parents' Organization, Inc. You are responsible for all fees associated with the North Shore Parents' Organization, Inc., including dues, meet fees, coaches' fees, etc.

Please refer the North Shore Parents' Organization, Inc. Manual for rates and schedules and other responsibilities.

Failure to stay in good standing with the North Shore Parents' Organization, Inc. will result in the suspension of your gymnast from practice and meets

ARTICLE 5

North Shore Gymnastics, Inc. Parent and Member Contract Agreement Girls and Boys Team Gymnastics

This Contract is valid starting _____ day of _____, 20____, till June 30, 2019. by
and _____ between _____ North Shore Gymnastics, Inc.
and _____ (Parent), residing
at _____
and _____ (Member) on the North Shore Gymnastics
Team. I have read, understand and agree to the terms, rules and responsibilities set
forth in this document and its contents. I certify that my child has had a physical exam
in the past year and is in good physical health. Date of exam ____ / ____ / ____ . I have
been informed that North Shore Gymnastics, Inc. carries a liability insurance policy
only. It is my responsibility to carry adequate health insurance and pay any additional
medical fees not covered by my health insurance. Any activity involving motion or
height creates the possibility of serious injury and I fully understand that there are
certain risks involved with such activities. The undersigned acknowledges that these
risks are assumed and agrees to indemnify and save harmless North Shore Gymnastics,
Inc. from any liability for damage or injury suffered by my child during these activities.
I agree that North Shore Gymnastics, Inc. may approve transport in case of an
emergency. Also, my child may have his/her picture taken during activities where
appropriate.

Signature: _____

Date: _____

(Written notice of contract termination is required to effect termination of this
contract, and must be signed and dated by the signer of this agreement. The signer of
this agreement is responsible for all unpaid balances prior to termination.

North Shore Gymnastics, Inc.
Parent and Member Contract Agreement
Girls and Boys Team Gymnastics

This Contract is made this _____ day of _____, 20____, by and between North Shore Gymnastics, Inc. and _____
(Parent), residing at _____
and _____ (Member) on the North Shore Gymnastics Team. I have read, understand and agree to the terms, rules and responsibilities set forth in this document and its contents. I certify that my child has had a physical exam in the past year and is in good physical health. Date of exam / / . I have been informed that North Shore Gymnastics, Inc. carries a liability insurance policy only. It is my responsibility to carry adequate health insurance and pay any additional medical fees not covered by my health insurance. Any activity involving motion or height creates the possibility of serious injury and I fully understand that there are certain risks involved with such activities. The undersigned acknowledges that these risks are assumed and agrees to indemnify and save harmless North Shore Gymnastics, Inc. from any liability for damage or injury suffered by my child during these activities. I agree that North Shore Gymnastics, Inc. may approve transport in case of an emergency. Also, my child may have his/her picture taken during activities where appropriate.

Signature: _____

Date: _____

(Written notice of contract termination is required to effect termination of this contract, and must be signed and dated by the signer of this agreement. The signer of this agreement is responsible for all unpaid balances prior to termination).

