

GYM RULES

1. No jewelry- no dangling earrings, no bracelets (including silly bands), no watches, etc.
2. Hair should be pulled back out of the gymnasts face at all times, if a gymnast has beads in their hair, please contain these, during practice these can fall out and injure other athletes as they practice.
3. Leotards are required for team practices, and preferred for rec classes (though shorts and t-shirts are acceptable as well)
4. Please do not get on any equipment without permission
5. No gum or candy is allowed during class. ** for team members** please no soda or candy as drinks or snacks. Your body needs to refuel from rigorous activities, so healthy snacks are best. (i.e. fruits, veggies, cheese, crackers, salads, etc.)
6. Food and drinks are not allowed on the floor or the stairs. We provide cubbies at the front of the gym for our gymnasts to keep their belongings in, including their drinks and food
7. There are designated watch days. We encourage parents to take advantage of those days and will make special exceptions for visitors that a family may have in town. Otherwise please leave the gym as soon as your child is with their coach. This includes rec classes (pre-school, girls, boys, and cheer tumble) **there are no team parent watch days**
8. Children age 4 and under must be supervised in the restroom.
9. Please do not let your gymnast bring anything valuable to their classes, for safe keeping, please leave it at home.
10. If you need to talk to a coach, please do so before or after class, never during class
11. Please respect the wellness of others. We ask that if your child is ill, that you let them get better and rest at home not at the gym. A 24 hour waiting period, before returning to class, is strongly recommended for children with fevers.
12. Please come into the gym to pick up your children, kids are not allowed to leave the gym without a parent/guardian

RULES FOR PARENTS

1. Payments must be made by the first class of the month, (without payment, students are not allowed to participate in class)
2. A \$30.00 fee will be added for all returned checks.
3. All changes, adding/dropping a class, must be made 1 month in advance with written notice.
4. Cancellation requires a 1 month written notice prior to termination. This can be submitted on paper or email. (No phone calls accepted)
5. A \$40.00 registration fee is required for all team gymnasts and is good for 1 year.
6. To try-out a class, there is a \$10.00 charge. To try-out a class means EXACTLY that, this is not a daily class charge, this rate is for people who have NEVER attended a class at Camden Gymnastics.
7. A student is allowed to bring a guest or friend to class, fee is \$10.00.

GYM CLOSING DAYS

September 6 - Labor Day

November 25-27 - Thanksgiving

December 24-31 - Winter Break Holiday

May 30, 2011 - Memorial Day

July 4-9, 2011 - Summer Break Holiday

Special Notice to Team Members

Our gym has its own rules and procedures. In our gym, Levels 2 and 3 are considered beginner levels. These are the levels where gymnasts receive their foundation to continue in a gymnastics program. If a gymnast does not receive this foundation, it will be difficult for them to progress successfully into higher levels. It can be expected that a gymnast will spend 2 years in each level, not 2 seasons. Though gymnastics is an individual based sport, some gymnast's may progress faster or slower than others. Two years may not apply to every individual gymnast. It is not the coaches' goal to hold a gymnast in a level, but to have them well prepared in whatever level they are placed. As a member of the Competition Team, each gymnast's participation is required.

Participation means:

- Attending regular practice year round, including school and summer vacations. Leaving the gym for more than 2 weeks will hinder a gymnast's progress. Leaving the gym for more than 1 month, a gymnast will no longer be guaranteed their same place on a team. Their advancement schedule is compromised and will have to be pushed back. Their regular team may have progressed further in that time.
- Attending scheduled meets is mandatory. A schedule for each season will be issued as soon as it becomes available after being finalized. In order to be a team, each gymnast and family is expected to make the commitment of participating in each and every meet.

To be eligible for advancement to the next level:

5% based on home practices & meets (mandatory: 3 regular invitationals, the state meet and all

meets above the state meet) (Nationals scores are excluded)

Level 2 & 3 should receive a score of 36.5 twice,

Level 4 should receive a score of 36.5 twice

Levels 5 & up should receive a score of 37.0 twice

12% Work Ethic

13% Mastering skills and mentality

15% Strength and flexibility

55% Coaches decision