

GEDDERTS'

Twistars

GYMNASTICS CLUB USA

BOYS TEAM HANDBOOK

Where Every Child is a STAR

Geddert's Twistars USA
9410 Davis Hwy
Dimondale, MI 48821
517-322-0360

www.TwistarsUSA.com

Welcome To Our Team!

Welcome to the place where a lifetime of dreaming has become a reality. Our dream has always been to operate a national caliber gymnastics program--a program that stands for quality--a program that has earned the respect of the community and the nation. TEAM is the second step in our process and now YOU are a vital part of that process and an important part of our DREAM.

Welcome to the place where children can live their dreams, and with the support of very special people (YOU and the Twistars Staff), those dreams can be accomplished. Here is a place where, as a team: the athlete, the coaches and the parent, are encouraged to work together to make accomplishing those dreams fun, challenging and efficient.

Welcome to a place where perfection is the goal, but by no means does that mean YOU have to be perfect.

Welcome to a place where it is sincerely believed that the sum of the parts IS greater than any one individual. Our dream has become reality because of the efforts of good people working together to do good things for kids, each other and the company. Working together as a team makes the task at hand more productive and certainly more enjoyable.

Our Mission Statement:

Our mission at Twistars USA Gymnastics is to play a constructive role in the development of healthy, confident, disciplined and responsible children. We accomplish this by:

- Setting goals and a positive path to accomplishment
- Helping children appreciate their innate self-worth and abilities
- Helping children to enthusiastically master the art of learning
- Helping children develop and refine the life-long skills of self-esteem
- and pride that come from being part of the best team in the area, state and nation

Vision and Values

Our History

Understanding whom you are dealing with and what they believe in is important, especially if you are entrusting the welfare of your child to a program. When you combine the major responsibilities of staying in tune with the worlds most technically advanced and ever-changing sport, the inherent dangers involved in gymnastics and the monstrous responsibility of our role in your child's development, it is paramount that we have the resources, experience and desire to do the job right.

John and Kathryn Geddert have over 70 years of gymnastics experience between them. Their combined knowledge and leadership is what makes Twistars USA the success it is today. John serves on the eight member USAG Junior Olympic Program Committee; has been instrumental in the development of the current USAG women's artistic compulsory system and is one of the most requested and respected technical clinicians and instructional speakers. John has been voted Coach or Contributor of the Year 14 times and his 35 years of gymnastics experience which includes roles as athlete, coach, administrator and now club owner, help guide the Twistars USA program toward the goal of national prominence. Kathryn Geddert is a Brevet Judge, the highest-ranking level in our sport. She has been selected Coach of the year seven times in her career. She is also a successful mother of three and lends her knowledge and understanding of children to her coaching style.

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work, team spirit, goal setting and achievement, sportsmanship and respect for danger are all skills that will surely assist our students throughout the rest of their lives. We measure our success not by the number of trophies on the wall, but rather, what each child takes with them when they leave the sport of gymnastics.

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Competitive Team Philosophy

With an understanding of our basic philosophy, Twistars competitive team program will always be dedicated to producing national caliber gymnasts. This does not mean, however, that every child earning a place on our competitive team must have a burning desire to someday be an Olympian! The staff at Twistars USA will treat each athlete's goals and aspirations individually. Some kids haven't any desire to train at an elite pace, nor should they have to in order to be a valued member of our competitive team. This is not to say that the staff at Twistars will accept mediocrity in training. We will always run a structured, disciplined program, as it is our belief that gymnastics is far too dangerous and costly to have training be considered just an opportunity for socializing. Our staff will demand respect and a strong work ethic from each and every athlete. Conversely, athletes will be treated with respect and provided positive guidance in order to help them reach their goals.

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Boy's Comets Program

The Boy's Comets Program is an invitation only class within the Recreational Gymnastics Program at Twistars. The class meets twice a week for one and a half hours during the eight week term. Tuition is, therefore, paid every term. The class does not have any affiliation with the Twistars Booster Club and does not require a 30-day notice prior to leaving the class.

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Resources

The following information will help you and your child understand the world of competitive gymnastics and is designed to keep you informed of our expectations and guidelines for participating at each level. This handbook has been compiled to give our prospective team members and current team members a complete look at our competitive team program. Competitive gymnastics requires a great deal of support both in training and in competition. We have created one of the finest gymnastic clubs in the nation by adhering to the standards we have developed over time.

Q: What is Booster Club and do we need to be a member?

A: The Booster Club is the family organization that supports our competitive team activities, and is central to the success and good reputation of our gym. Boosters club basically helps underwrite the costs of competitive gymnastics. Once a child advances to our TEAM level their respective family will be required to join our boosters club (see boosters club obligations). All Twistars Boy's Team members (competitive Levels 4-10) are required to be a part of the Booster Club.

Q: When my child was in recreational gymnastics we could make up missed class sessions. Can we still make up if we miss a scheduled training day?

A: Yes, you can make up missed training days provided there is space available. To accomplish this, you must arrange a time with your child's coach. The coach will determine which training day will work best for a make up practice. As a general rule Advanced Pre-team training times may not be used for make ups.

Q: What is needed from me as a parent?

A: First and foremost your job is to be the parent. You need to establish open communication with your coaches in order to provide for the best possible learning environment. Twistars USA is a pro-parent organization and we want our parents involved with everything as long as they leave the actually coaching to us (we are very good at that).

You will be asked to fill out several forms that will serve as the base of information used by the office staff, coaching staff and management. Please have all appropriate forms completed prior to participation.

Parents are asked to take an active role in learning the rules, policies, procedures and intricacies of our wonderful sport. Stay informed by checking our state of the art web site (www.twistarsusa.com) where you can find calendars of events, newsletters, bios and links to gymnastics related sites. Check your mailboxes and our bulletin boards for updated information and above all else ... when in doubt ... ask questions. We are here to help.

What is Competitive Team?

Competitive team membership is for the child who wants more of the sport than can be achieved by participation in our recreational program. Of the over 1200+ kids enrolled at Twistars USA, approximately 100 are competitive team members and the remaining are involved in our recreational program.

Membership in our competitive team program results when a child has shown physical readiness in either recreational classes or the boys comets program and is invited to the team. The majority of our competitive team members are from our recreational program. Competitive team requires more dedication and commitment on the part of the child, the parent and the coaching staff.

Our national governing body, USA Gymnastics, directs competitive gymnastics. USAG has two distinct programs: Junior Olympic, Junior Elite, and Elite. The Junior Olympic program is made up of Levels 1 through 10 and is a developmental program in which the majority of gymnasts train and compete. The opportunity to compete as a Junior Elite begins in Level 8 and goes through Level 10. The athletes on the Junior Elite path must qualify to the program by achieving a specified score at the Regional Championships each year. The Elite program is where our international and Olympic level athletes are trained.

At Twistars USA Gymnastics Club, Levels 1, 2 and some level 3 skills are accomplished by participation in our many recreational programs. Levels 3/4 are completed through the boy's comets program. "TEAM" begins with our competitive Level 4 team and higher.

Team Levels

At Levels 4, 5, 6 and 7, athletes compete in what is called "Compulsory Levels". A core of nationally respected coaches and judges have design the compulsory program. Routines are designed to establish sound fundamentals. Each athlete performs the same routine to a prescribed criterion. He who performs closest to the criterion scores the highest.

Levels 8, 9, and 10 are considered the beginner/intermediate and advanced Optional levels. Gymnasts are required to use their own creativity to design their own routines. Routines are then designed around the gymnast's strengths. The target age groups for each Level are: Level 8 (11-12 year olds), Level 9 (13-14 year olds), and Level 10 (15-16 and 17-18 years old).

A competitive gymnast competes in one or two seasons each year. The JO Program Season, Levels 4-10, runs from November to May. All levels compete in the State Championships and Levels 6-10 can qualify to Regional Championships. Levels 8, 9, and 10 can qualify to the JO National Championships. The second season is for the Future Stars Program; a highly technical program developed to identify the nation's most talented 10-13 year olds and begin preparing them for the elite level. Future Stars only compete in Regional and National meets and takes place in the fall of each year.

Advancement Through the Levels

The Boys Program at Twistars USA is focused on success at the optional level. Men’s Gymnastics is continually becoming more difficult and requiring tremendous amounts of strength and air awareness in particular. Developing these physical traits is a long process, as most male gymnasts peak in their early to mid-20s.

With this in mind, level advancement is based on two main criteria – skill level and age. Once the athlete has shown the skill level needed to advance, they will typically move to the next level after the competitive season ends. Scores and success from the previous year may also be considered when making mobility decisions.

Male gymnasts mature both physically and mentally at very different rates. The following is a table of the youngest possible age allowed at each level according to USAG rules.

Level	Age	Level	Age	Level	Age	Level	Age
4	6	5	7	6	7	7	9
8	11	9	13	10 Jr	15	10 Sr	17

Competitive Team and Pre-Team Requirements

Geddert’s Twistars USA Gymnastics Club would like all team families to know how very much we appreciate your support. We have become very close to many families involved in our programs and sincerely hope to build even more lasting friendships in the future.

With that said, we must also remind you that we are running a business and like any successful business, there are established policies regarding payment for services rendered.. We pride ourselves on our user-friendly style; while at the same time maintaining sound business practices.

Monthly Tuition	Due the 1 st of every month
Family Discount	Families with more than one child participating currently in our program will receive a 10% discount off the cost of each child’s tuition. If

	<p>the other child in the family is participating in our recreational program, the family discount will only be given for months within a term in which the recreational program participant is registered and paying.</p>
Late Payment Penalty	<p>Tuition is considered late as of the 8th or each month and will be assessed a late payment fee of \$10.00</p>
Outstanding Tuition Penalty	<p>After the 15th of each month, any unpaid tuition will be assessed a 1.5% interest charge. Athletes may not train if the outstanding tuition is more than \$500.00 in arrears.</p>
Refund Policy	<p>Twistars USA does not offer refunds for any reason nor do we pro-rate for missed training sessions. Monthly tuition is determined by considering the cost of the total program and not a per-hour charge.</p>
Membership Fee	<p>Pre-Team and Team members are charged an annual membership fee in the amount of \$75.00. This charge helps offset the cost of expenses such as administration, sports medicine, coaches planning time and training, phone, copying and team equipment purchases.</p>
June Training	<p>Twistars team members are expected to attend at least one week of the Twistars Camp in June (paid by boosters club.) An additional week of camp is available at the expense of the member. No training is available during camp.</p>
30 Day Notice	<p>Twistars USA requires an "IN WRITING" one month notice should your child decide to retire from our program. Due to the cost of supporting competitive team</p>

	<p>member and the commitment we have extended to our coaching staff, it must be understood that it is your responsibility to notify the owners of the club 30 days prior to your child leaving the gym. During that month of notice, your child is welcome to train in the gym. We have often found that during this period of notice, the gymnast, together with our coaching staff, are able to find a resolution to their concerns. Failure to provide payment in lieu of notice is considered a serious breach of contract with Twistars USA.</p>
Year-Around Commitment	<p>Although we encourage families to vacation together, it is our policy that competitive team members consider training at Twistars USA to be a year around commitment. Your commitment to a 12-month training cycle insures consistency in coaching and greater progress towards achieving goals.</p>
Make-Ups	<p>Twistars USA team members are allowed to make up training sessions on a pre-approved basis. Approval will only be given when space is available in another training group. Make-ups must be cleared through the individual coach first.</p>
Facility Maintenance	<p>Keeping our facility looking its best is a never-ending process. Twistars USA has secured adequate cleaning services, but given the scope of the task, it becomes necessary to require daily assistance from staff and team members. We request that each and every gymnast make a conscientious effort to be responsible for his or her own clean up as well as helping out</p>

	<p>with the daily “power clean”. Team coaches will organize this power clean at the end of each practice. This entails picking up trash, drinking cups, straightening mats, stacking spotting blocks, pickup up weights, etc. Chalk misuse and drink spills seem to be the most common problems in keeping our facility clean. We ask that staff monitor the use of chalk and that all drinks be kept in spillproof containers.</p>
<p>Mailboxes / Communications</p>	<p>Each team member will be assigned a personal mailbox located near the entrance to the gym. This is the system we will use to communicate day-to-day as well as important information to you. Parents should check their mailboxes daily BEFORE practice. Mailboxes will be used for Booster Club information as well. Please keep your mailboxes for current information and materials. We suggest that you clean out your mailbox on a regular schedule. In addition to the mailboxes, we have a convenient email system for communicating that is operation and maintained by the Booster Club. They will be responsible for obtaining your email address and updating the listing from time to time.</p>
<p>Team Attire and Grooming</p>	<p>Twistars USA team members are expected to not only act, but also look respectable when representing our team. While in the gym, team members should dress in shorts and tee-shirt. No sweats while in training. When you are called on to represent the club at a meet or while traveling with the club, your respective coach</p>

	will determine the attire for that situation.
USAG Membership	Each competing member of our program, Levels 4-10 are required to purchase an annual membership in our governing body, USA Gymnastics. Membership fees are set by USAG and paid to Twistars in June of each year. Membership in USAG provides secondary insurance during competitions, a membership magazine and training for coaches.

Rules and Guidelines for Successful Team Membership

Team members should always report on time for training. Warm-up is an important part of the training process. The flexibility gained from your warm-up is how the body gets ready for activity. A good warm up limits potential injury. Being on time for warm-up also shows respect and sets a disciplined tone for training sessions and goals and objectives are discussed. Being on time is VERY important.

Team members must train in a shorts and a tee-shirt or competitive attire. Other clothing presents a potential spotting problem and/or safety issue.

Team members must listen to, respect and adhere to the training outline established daily by the coach. Disrespect will not be tolerated and immature attitudes are discouraged. Major conduct violations include uncalled for crying or pouting, cheating on assignments, lying, unproductive effort, improper tone of voice or improper body language when addressing teammates, coaches and/or other adults.

Visible tattoos are not allowed under USAG rules.

Bathroom and drink breaks should be kept to a minimum. Protective footwear should be worn when using the restroom. Please ask for permission to leave for the restroom as it informs the coach as to your location.

Parents should not disrupt training by talking to or motioning to your gymnast. Distractions can create an undisciplined training environment or cause an injury. Parents need to remember that, although they are encouraged to discuss suggestions that may assist the coach, training decisions are the responsibility of the coach. Likewise, parents should never approach a coach during training. Any concerns should be covered before or after training.

Parents should inform the office when a child is unable to attend training. This effort will assist coaches in planning daily requirements, goals and objectives. It also shows a certain level of respect for the program. Likewise, if a child has to leave practice early, please inform the coach at the beginning of training so that they may make any adjustments to the day's assignments.

Due to lack of seating available in the gym at the Summit, team member parents are asked to observe training ONLY from the upstairs viewing area. Gym level seating is reserved for use by our recreational program parents and participants. Parents of Team members are expected to enforce good nutritional eating habits. Our motto is simply make good choices. Junk food should be seldom associated with any athlete's diet. Sound eating habits are a catalyst to productive training.

Safety-The Most Important Issue

Gymnastics has to be considered a dangerous sport. The combination of speed, height, flipping and spinning increases the potential for catastrophic injury, even death. The Twistars staff will maintain a consistent and conscientious effort to provide the safest environment available. But in this sport, it must always be remembered that injuries will happen. Parents must be aware of the inherent dangers involved in gymnastics. Safety is a team project. Although staff and management will consistently monitor equipment and procedures, parents and team members must also share responsibility for a safe training environment. To assure the safest possible experience:

- Proper matting must be used at all times. Team members should never use any equipment or apparatus that is not properly matted.
- Headfirst directional landing in the pit or elsewhere is strictly forbidden. Skills that have the slightest potential for headfirst landing should always be spotted or avoided altogether.
- When using the pit, only feet first landings are allowed.

- Team members should familiarize themselves with the general safety rules posted at our facilities.
- NO HORSEPLAY AT ANY TIME

Required Forms for Team Members

Each competitive team member is required to have on file with the Twistars USA Gymnastics office the following forms:

1. Emergency Information and Treatment Form
2. Team Agreement Form
3. Twistars Booster Club Agreement

It is most important that all forms be on file at our office BEFORE your Team member is involved in training. Failure to observe this request may result in restriction from training, competition and/or travel. All forms should be updated annually and when changes occur in recorded information.

Our TEAM Booster Club

Twistars USA Gymnastics Club has a very active and well-respected “Booster Club”. The goal of the Booster Club is to support the competitive team in a variety of ways, but foremost it is their function to underwrite some of the related expenses.

Each family of a competitive team member is required to hold membership in the Booster Club. Requirement for participation in the Booster Club is set each year by the Board of Directors as specified in the Bylaws. Members should understand that the Booster Club requires three specific actions on your part. They are:

Financial Commitment—the financial commitment for each year is determined by a recommendation of the Board of Directors and voted on by the general membership in Aug/Sept. of each year. Commitment has been running around \$1200 (including \$310 for Camp) per family. Fundraising opportunities are available to each member. Commitment payments are normally broken into monthly installments spread out over the competitive season.

How is the Financial Commitment Determined? Simple, first we establish a competitive team budget (entry fees, 50% air fare, coaching fees, boosters club administrative costs, phone, postage, web site fees, etc) For example \$200,000. Next we deduct the money raised through our general fundraisers (see Time Commitment). For ease of math lets say \$100,000 was raised. \$200,000 minus \$100,000 leaves \$100,000 left. We take this amount and divide it by the number of booster club families (say 100) and that is how we come up with the \$1,000 financial commitment fee.

Time Commitment— The above example illustrates the importance of productive and profitable GENERAL FUNDRAISERS. The time commitment creates a work force for the important fundraising events. Booster club members are required to serve as the work force for our TWISTARS USA GYMNASTICS INVITATIONAL (which raises \$50,000 \$90,000 each year) and one other smaller event (usually in the form of a gymnastics competition). Depending on the number of families in the boosters club, the jobs are divided up, and the number of working hours determined.

Committee Assignment—each family, in addition to your active participation on an Invitational Committee, is required to serve on a standing committee of the Booster Club. Sign up for committee assignments is usually held in late summer. Efforts are made to assist members in signing up to serve on a committee in which they have some expertise.

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The Boy's Developmental Program (Comets) is intended to teach basic skills of the sport in order to prepare them for a competitive career in gymnastics. The boys will spend more time on the six men's apparatus as well as incorporate more strength and flexibility during their sessions. Once your child has developed the appropriate skill set and meets the age requirement for USAG Junior Olympic Program, they will advance to team. The current age requirement for Level 4 is 6 years old.

Resources

The following information will help you and your child understand the world of competitive gymnastics and is designed to keep you informed of our expectations and guidelines for participating at each level. This handbook has been compiled to give our prospective team members and current team members a complete look at our competitive team program. Competitive gymnastics requires a great deal of support both in training and in competition. We have created one of the finest gymnastic clubs in the nation by adhering to the standards we have developed over time.

Q: What is Booster Club and do we need to be a member?

A: The Booster Club is the family organization that supports our competitive team activities, and is central to the success and good reputation of our gym. Boosters club basically helps underwrite the costs of competitive gymnastics. Members of Comets are not required to be part of our Booster Club. Once a child advances to our TEAM level their respective family will be required to join our boosters club (see boosters club obligations).

Q: When my child was in recreational gymnastics we could make up missed class sessions. Can we still make up if we miss a scheduled training day?

A: Yes, you can make up missed training days provided there is space available. To accomplish this, you must arrange a time with your child's coach. The coach will determine which training day will work best for a make up practice.

Q: What is needed from me as a parent?

A: First and foremost your job is to be the parent. You need to establish open communication with your coaches in order to provide for the best possible learning environment. Twistars USA is a pro-parent organization and we want our parents involved with everything as long as they leave the actually coaching to us (we are very good at that).

You will be asked to fill out several forms that will serve as the base of information used by the office staff, coaching staff and management. Please have all appropriate forms completed prior to participation.

Parents are asked to take an active role in learning the rules, policies, procedures and intricacies of our wonderful sport. Stay informed by checking our state of the art web site (www.twistarsusa.com) where you can find calendars of events, newsletters, bios and links to gymnastics related sites. Check your mailboxes and

our bulletin boards for updated information and above all else ... when in doubt ... ask questions. We are here to help.

What is Competitive Team?

Competitive team membership is for the child who wants more of the sport than can be achieved by participation in our recreational program. Of the over 1200+ kids enrolled at Twistars USA, approximately 100 are competitive team members and the remaining are involved in our recreational program.

Membership in our competitive team program results when a child has shown physical readiness in either recreational classes or the boys developmental program and is invited to the team. The majority of our competitive team members are from our recreational program. Competitive team requires more dedication and commitment on the part of the child, the parent and the coaching staff.

Our national governing body, USA Gymnastics, directs competitive gymnastics. USAG has two distinct programs: Junior Olympic and Elite. The Junior Olympic program is made up of Levels 1 through 10 and is a developmental program in which over 98% of gymnasts train and compete. The Elite program is where our international and Olympic level athletes are trained.

At Twistars USA Gymnastics Club, Levels 1, 2 and some level 3 skills are accomplished by participation in our many recreational programs. Levels 3/4 are completed through the boy's developmental program(Comets). "TEAM" begins with our competitive Level 4 team and higher.

Team Levels

At Levels 4, 5, 6 and 7, athletes compete in what is called “Compulsory Levels”. A core of nationally respected coaches and judges have design the compulsory program. Routines are designed to establish sound fundamentals. Each athlete performs the same routine to a prescribed criterion. He who performs closest to the criterion scores the highest.

Levels 8, 9 and 10 are considered the beginner, intermediate and advanced Optional levels. Gymnasts are required to use their own creativity to design their own routines. Routines are then designed around the gymnast’s strengths.

A competitive gymnast competes in one or two seasons each year. The JO Program Season, Levels 4-10, runs from November to May. All levels compete in the State Championships and Levels 6-10 can qualify to Regional Championships. Levels 9 and 10 can qualify to JO National Championships. The second season is for the Future Stars Program; a highly technical program developed to identify the nation’s most talented 10-13 year olds and begin preparing them for the elite level. Future Stars only compete in Regional and National meets and takes place in the fall of each year.

Advancement Through the Levels

The Boys Program at Twistars USA is focused on success at the optional level. Men’s Gymnastics is continually becoming more difficult and requiring tremendous amounts of strength and air awareness in particular. Developing these physical traits is a long process, as most male gymnasts peak in their early to mid-20s.

With this in mind, level advancement is based on two main criteria – skill level and age. Once the athlete has shown the skill level needed to advance, they will typically move to the next level after the competitive season ends. Scores and success from the previous year will be looked at; but do not necessarily hinder what level the athlete will be in for the next season.

Male gymnasts mature both physically and mentally at very different rates. The following is a table of the youngest possible age allowed at each level according to USAG rules.

LEVEL	4	5	6	7	8	9	10 JR	10 SR
AGE	6	7	7	9	11	13	15	17

Competitive Team and Pre-Team Requirements

Geddert's Twistars USA Gymnastics Club would like all team families to know how very much we appreciate your support. We have become very close to many families involved in our programs and sincerely hope to build even more lasting friendships in the future.

With that said, we must also remind you that we are running a business and like any successful business, there are established policies regarding payment for services rendered.. We pride ourselves on our user-friendly style; while at the same time maintaining sound business practices.

Monthly Tuition	Due the 1 st of every month
Family Discount	Families with more than one child participating currently in our program will receive a 10% discount off the cost of each child's tuition. If the other child in the family is participating in our recreational program, the family discount will only be given for months within a term in which the recreational program participant is registered and paying.
Late Payment Penalty	Tuition is considered late as of the 8 th of each month and will be assessed a late payment fee of \$10.00
Outstanding Tuition Penalty	After the 15 th of each month, any unpaid tuition will be assessed a 1.5% interest charge. Athletes may not train if the outstanding tuition is more than \$500.00 in arrears.
Refund Policy	Twistars USA does not offer refunds for any reason nor do we pro-rate for missed training sessions. Monthly tuition is determined by considering the cost of the total program and not a per-hour charge.
Membership Fee	Pre-Team and Team members are charged an annual membership fee in the amount of \$105.00. This charge helps offset the cost of expenses such as administration, sports medicine, coaches planning time and training, phone, copying and team equipment purchases.

June Training	Twistars team members are expected to attend at least one week of the Twistars Camp in June (paid by boosters club.) An additional week of camp is available at the expense of the member. No training is available during camp.
30 Day Notice	Twistars USA requires an “IN WRITING” one month notice should your child decide to retire from our program. Due to the cost of supporting competitive team member and the commitment we have extended to our coaching staff, it must be understood that it is your responsibility to notify the owners of the club 30 days prior to your child leaving the gym. During that month of notice, your child is welcome to train in the gym. We have often found that during this period of notice, the gymnast, together with our coaching staff, are able to find a resolution to their concerns. Failure to provide payment in lieu of notice is considered a serious breach of contract with Twistars USA.
Year-Around Commitment	Although we encourage families to vacation together, it is our policy that competitive team members consider training at Twistars USA to be a year-around commitment. Your commitment to a 12-month training cycle insures consistency in coaching and greater progress towards achieving goals.
Make-Ups	Twistars USA team members are allowed to make up training sessions on a pre-approved basis. Approval will only be given when space is available in another training group. Make-ups must be cleared through the individual coach first.

<p>Facility Maintenance</p>	<p>Keeping our facility looking its best is a never-ending process. Twistars USA has secured adequate cleaning services, but given the scope of the task, it becomes necessary to require daily assistance from staff and team members. We request that each and every gymnast make a conscientious effort to be responsible for his or her own clean up as well as helping out with the daily “power clean”. Team coaches will organize this power clean at the end of each practice. This entails picking up trash, drinking cups, straightening mats, stacking spotting blocks, pickup up weights, etc. Chalk misuse and drink spills seem to be the most common problems in keeping our facility clean. We ask that staff monitor the use of chalk and that all drinks be kept in spill-proof containers.</p>
<p>Mailboxes/Communications</p>	<p>Each team member will be assigned a personal mailbox located near the entrance to the gym. This is the system we will use to communicate day-to-day as well as important information to you. Parents should check their mailboxes daily BEFORE practice. Mailboxes will be used for Booster Club information as well. Please keep your mailboxes for current information and materials. We suggest that you clean out your mailbox on a regular schedule. In addition to the mailboxes, we have a convenient email system for communicating that is operation and maintained by the Booster Club. They will be responsible for obtaining your email address and updating the listing from time to time.</p>
<p>Team Attire and Grooming</p>	<p>Twistars USA team members are expected to not only act, but also look respectable when representing our team. While in the gym, team members should dress in shorts and tee-shirt. No sweats while in training. When you are called on to represent the club at a meet or while traveling with the club, your respective coach will determine the attire for that situation.</p>

USAG Membership	Each competing member of our program, Levels 4-10 are required to purchase an annual membership in our governing body, USA Gymnastics. Membership fees are set by USAG and paid to Twistars in June of each year. Membership in USAG provides secondary insurance during competitions, a membership magazine and training for coaches.
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Rules and Guidelines for Successful Team Membership

Team members should always report on time for training. Warm-up is an important part of the training process. The flexibility gained from your warm-up is how the body gets ready for activity. A good warm up limits potential injury. Being on time for warm-up also shows respect and sets a disciplined tone for training sessions and goals and objectives are discussed. Being on time is VERY important.

Team members must train in a shorts and a tee-shirt only. Other clothing presents a potential spotting problem and/or safety issue.

Team members must listen to, respect and adhere to the training outline established daily by the coach. Disrespect will not be tolerated and immature attitudes are discouraged. Major conduct violations include uncalled for crying or pouting, cheating on assignments, lying, unproductive effort, improper tone of voice or improper body language when addressing teammates, coaches and/or other adults.

Visible tattoos are not allowed under USAG rules.

Bathroom and drink breaks should be kept to a minimum. Protective footwear should be worn when using the restroom. Please ask for permission to leave for the restroom as it informs the coach as to your location.

Parents should not disrupt training by talking to or motioning to your gymnast. Distractions can create an undisciplined training environment or cause an injury. Parents need to remember that, although they are encouraged to discuss suggestions that may assist the coach, training decisions are the responsibility of the coach. Likewise, parents should never approach a coach during training. Any concerns should be covered before or after training.

Parents should inform the office when a child is unable to attend training. This effort will assist coaches in planning daily requirements, goals and objectives. It also shows a certain level of respect for the program. Likewise, if a child has to leave practice early, please inform the coach at the beginning of training so that they may make any adjustments to the day's assignments.

Due to lack of seating available in the gym at the Summit, team member parents are asked to observe training ONLY from the upstairs viewing area. Gym level seating is reserved for use by our recreational program parents and participants.

Parents of Team members are expected to enforce good nutritional eating habits. Our motto is simply make good choices. Junk food should be seldom associated with any athlete's diet. Sound eating habits are a catalyst to productive training.

Safety-The Most Important Issue

Gymnastics has to be considered a dangerous sport. The combination of speed, height, flipping and spinning increases the potential for catastrophic injury, even death. The Twistars staff will maintain a consistent and conscientious effort to provide the safest environment available. But in this sport, it must always be remembered that injuries will happen. Parents must be aware of the inherent dangers involved in gymnastics. Safety is a team project. Although staff and management will consistently monitor equipment and procedures, parents and team members must also share responsibility for a safe training environment. To assure the safest possible experience:

- Proper matting must be used at all times. Team members should never use any equipment or apparatus that is not properly matted.
- Headfirst directional landing in the pit or elsewhere is strictly forbidden. Skills that have the slightest potential for headfirst landing should always be spotted or avoided altogether.
- When using the pit, only feet first landings are allowed.
- Team members should familiarize themselves with the general safety rules posted at our facilities.
- NO HORSEPLAY AT ANY TIME

Required Forms for Team Members

Each competitive team member is required to have on file with the Twistars USA Gymnastics office the following forms:

1. Emergency /Waiver Form
2. Team Agreement Form
3. Tuition & Groupings Forms (Summer and Fall)
4. USA Gymnastics Membership Application
5. Twistars Booster Club Agreement

It is most important that all forms be on file at our office BEFORE your Team member is involved in training. Failure to observe this request may result in restriction from training, competition and/or travel. All forms should be updated annually and when changes occur in recorded information.

Our TEAM Booster Club

Twistars USA Gymnastics Club has a very active and well-respected “Booster Club”. The goal of the Booster Club is to support the competitive team in a variety of ways, but foremost it is their function to underwrite some of the related expenses.

Each family of a competitive team member is required to hold membership in the Booster Club. Requirement for participation in the Booster Club is set each year by the Board of Directors as specified in the Bylaws. Members should understand that the Booster Club requires three specific actions on your part. They are:

Financial Commitment—the financial commitment for each year is determined by a recommendation of the Board of Directors and voted on by the general membership in Aug/Sept. of each year. Commitment has been running around \$1300 (including \$330 for Camp) per family. Fundraising opportunities are available to each member. Commitment payments are normally broken into monthly installments spread out over the competitive season.

How is the Financial Commitment Determined? Simple, first we establish a competitive team budget (entry fees, 50% air fare, coaching fees, boosters club administrative costs, phone, postage, web site fees, etc.) For example \$230,000. Next we deduct the money raised through our general fundraisers (see Time Commitment). For ease of math lets say \$100,000 was raised. \$230,000 minus \$100,000 leaves \$130,000 left. We take this amount and divide it by the number of booster club families (say 100) and that is how we come up with the \$1,300 financial commitment fee.

Time Commitment— The above example illustrates the importance of productive and profitable GENERAL FUNDRAISERS. The time commitment creates a work force for the important fundraising events. Booster club members are required to serve as the work force for our TWISTARS USA GYMNASTICS INVITATIONAL (which raises \$50,000-\$80,000 each year) and one other smaller event (usually in the form of a gymnastics competition). Depending on the number of families in the boosters club, the jobs are divided up, and the number of working hours determined.

Committee Assignment—each family, in addition to your active participation on an Invitational Committee, is required to serve on a standing committee of the Booster Club. Sign up for committee assignments is usually held in late summer. Efforts are made to assist members in signing up to serve on a committee in which they have some expertise.