

GEDDERTS'

Twistars

GYMNASTICS CLUB USA

GIRLS TEAM HANDBOOK

Where Every Child is a STAR

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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 Geddert was named as the Head Coach for the Gold Medal winning 2012 USA Olympic Team and the 2011 Gold Medal winning World Championship Team. He served for 25 years on the USA Gymnastics (USAG) Junior Olympic Program Committee that is responsible for creating the rules, policies and guidelines for competitive gymnastics in the USA. He has been instrumental in the development of the current USAG 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 19 times and was inducted into the USAG Region 5 Hall of Fame in 2009. 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 has over 35 years of experience with the sport of gymnastics. She is a Brevet Judge, the highest-ranking level in our sport. She has been selected Coach of the year 10 times in her career, and was inducted to the Region 5 Hall of Fame in 2012. She is also a successful mother of three and lends her knowledge and understanding of children to her coaching style.

The coaching staff at Twistars USA Gymnastics Club, under the direction of John and Kathryn Geddert, is recognized and respected nationwide as one of the finest in the business. Twistars USA has developed a training approach for the coaching staff that sets the standard and contributes to our depth. With more State Championships, more National and International medalists and more National Champions than any other club in Michigan history, the competitive team program at Geddert's Twistars USA Gymnastics Club speaks for itself. Please do not get the wrong impression. Winning is not everything, but it is a by-product of a strong program. John and Kathryn, as well as all the team coaches feel strongly that winning is judged by achieving goals and NOT by the number of medals or trophies you may win—all of our "kids" are winners!

Our General Philosophy

Geddert's Twistars USA Gymnastics Club was founded on the belief that gymnastics is not only the root of all sports, it provides a vehicle with which we can teach skills that will last a lifetime and assist in the development of every child in our program.

Gymnastics, when properly taught, can be the catalyst for a productive life, while at the same time instilling lifetime knowledge of the benefits of physical fitness. Jumping, rolling, running, strength and flexibility are the basic aspects of many sports. No better foundation can be laid than one built on the basic activities of gymnastics. It has become obvious that our country has regressed in this area of thought; however, many of the most established nations still use gymnastics as the core of the physical education and sports development systems.

Physical skill development is certainly a by-product of a good gymnastics program. Gymnastics as a sport, however, is an age-limited experience. (You won't find many 30 year-olds flipping and swinging away their afternoons.) With this in mind, Twistars USA has made it our primary goal to insure that our program delivers more than just pure physical skill. Determination, work ethic, time management, team work, team spirit, sportsmanship and respect for self and others are all skills and traits 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.

Twistars USA believes that children are the world's most precious gift. Our goal is to see to it that children who participate in our program receive the same quality instruction regardless of their abilities. Accomplishing this goal assures that each child will feel as special as they truly are.

In reality, we a Twistars USA are really not marketing gymnastics, although we are very good at that. What we are marketing is fun, physical fitness, recreation, thrills, challenges, excitement and, most importantly, positive child development.

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. We will enforce proper respect, attitudes, and manners at all times. This should be something that our parents are aware of prior to committing to the program. If the idea of enforcing or demanding proper behavior is an issue, then Twistars is more than likely not the place for your child. Conversely, athletes will be treated with respect and provided positive guidance in order to help them reach their goals.

Another of our fundamental beliefs is that we want our club to be as family-oriented as possible. The coach, athlete and parent should be members of a cooperative communication triangle engaged to assist the child/athlete in reaching their goals. Parents can support coaching decisions by clarifying concerns with a coach in an open and caring way. It is important that parents show respect for the authority of your child's coach. Members of the coaching staff will be available to you to discuss your concerns. If ever you feel the need to carry a concern to our head coaches, please know that our doors are always open to you and that we take your concerns and suggestions very seriously.

The staff at Twistars USA understands that we must shoulder the major responsibility of being a role model for our athletes. The number of hours that they interact with our athletes dictates that they will be major contributors in the overall development of your children. *This is a responsibility that we do not take lightly.*

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.

What is Pre-Team?

Pre-team at Twistars USA includes both Starfires and Level 2/3 athletes. Although Pre-Team is not considered part of team, we feel that the information contained within can help shape one's opinion and help with the important decisions involved in the future.

Pre-Team is simply the stepping-stone between the recreational class program and the competitive team program. It is a place for talented students who wish to explore the avenue to the competitive team world. It is a place to "get your feet wet" without incurring some of the obligations associated with being a member of our Team.

Pre-Team is a place for talented students to experience accelerated learning. Since the training hours increase, so does the learning. Expectations are higher, the challenges are greater and the results follow suit. Level 2/3 gymnasts will have the opportunity to compete in "fun meets" that are designed to assist the young gymnast in becoming familiar with the rules of competing.

Pre-Team is NOT a place for students who have no intention of exploring the world of competitive gymnastics. Pre-Team is NOT to be used as an advanced recreational class.

Additional Pre-Team Information

Hopefully by now you have a pretty clear picture about who we are and what we believe in. Our Team Handbook is full of information about our expectations and responsibilities as owners, coaches and team members from the perspective of our Competitive Team program. Because we view Pre-Team as a distinct and unique part of our total program, we would like to provide the following specific information.

We hope that this review of common questions regarding our Pre-Team will be helpful to you.

Q: How does a gymnast get involved in Pre-Team?

A: *In the spring a mass testing event is held to evaluate readiness of students who are presently involved within our recreational and pre-team programs. These students are invited to test for placement on our several levels of team and pre-team based on several factors including readiness, skill attainment, interest and potential. The results of testing will determine if a child is invited to participate in more challenging levels of gymnastics. The decision to test and the decision to accept an invitation to participate in team or pre-team is a decision you and your child should make together. Also, from time to time, a gymnast participating in our recreational program is invited to join one of our Pre Team mid year. At that time, the coaching staff will sit down with you and go over any questions you have on an individual or small group basis.*

Q: If my child is invited on to one of the Pre Teams, what does that mean?

A: *Based on several factors including current skill level, potential and age, your child may be invited to become a member of one of two different pre-team groups, Starfires or Level 2/3. Each group of pre-team will be assigned a specific coach and training schedule. Pre Team groups are available at both of our facilities and you will be asked to provide your preference for both training days and site when you register for testing. We will do our best to accommodate your personal schedules the best we can. As discussed in the Team Handbook, membership on our Pre-Team is a year round commitment and carries monthly tuition fees.*

STARFIRES- This is our youngest level of pre-team. It is generally for talented 6-8 year olds who are placed in a 2 hour/twice per week training program. The goal of this level is to prepare for Level 2/3 pre-team or SILVERSTARS (basically an advanced Starfire program).

LEVEL 2/3 – This is our introduction to competition level gymnastics. USAG has a level 1-10 program. Levels 1-2 are accomplished within our recreational program. Levels 2 and 3 start putting combinations of skills together in sequences called “routines”. These routines are then used in competition. Scores are given based on the execution of the skills. These athletes will have the opportunity to participate in what are called “FUN MEETS” (not that all meets aren’t fun), so as to experience the world of competitive gymnastics. THEY WILL LOVE IT! We will present a proposed competition schedule early in the season (normally early fall). Now although none of the competitions are deemed mandatory for participation on our pre-teams, those athletes with zero desire to participate in any should not consider pre-team. Parents may choose as many of the proposed competitions as they would like but should minimally consider 3-4 events.

Q: Is Pre Team part of your recreational program?

A: *NO! Pre Team members, although they often come from the ranks of our recreational program, are expected to be committed to their training and development into a competitive gymnast. By offering Pre Team as a stepping stone to the rigors of competitive gymnastics, we hope to give our gymnasts the opportunity to see if this sport is right for them. Pre Team membership offers an opportunity to experience gymnastics beyond the recreational level, yet at a step less than full team membership. As far as monthly tuition is concerned, pre-team members transfer to a monthly tuition as opposed to the 8 week session fee that our recreational program uses.*

Q: My daughter enjoys gymnastics, but doesn't think she is interested in competing. Is Pre Team the right place for her?

A: *Understanding that Pre Team is a stepping stone to our Competitive Team program, we view competition as an important part of the Pre Team experience. The opportunity to compete and be part of a team in competition is one of the big pay backs for the time and effort spent in the gym. Pre Team members are encouraged to compete at 'fun meets' that give them a real taste of competing in a "non competitive" environment. Each year our coaching staff selects 5 'fun meets' for our Pre Team members to participate in. Gymnasts are not required to participate at every meet, but are encouraged to attend all meets that work with their schedule. Getting out there and 'showing off their stuff' should be an important goal. One of the greatest benefits of participating in gymnastics is the self confidence and poise that comes from competing*

Q: How do I know what fun meets we will be attending?

A: *It is our practice to select the fun meets we plan on attending early in the fall of each year. We will provide you a list of meet locations and dates as soon as the fun meet schedule is planned. Since your monthly tuition includes 5 Fun meet entry fees, it is assumed that all pre team members will be participating. If for some reason you have a conflict on a particular weekend, please let us know so that we can plan accordingly.*

Q: How are the costs to participate in fun meets paid and what are we paying for?

A: *Each meet your child attends will have a charge to register and a charge for the team. These fees range from \$50-\$80 per competition (depending on the prestige and quality of the meet. Your monthly tuition covers the registration cost and coaching costs for the scheduled competitions. Each fun meet will have a deadline for registration and our coaching staff will be responsible for submitting registrations. It is important that the deadlines for registering be met in order to keep the process efficient.*

Q: Are there any fun meets that my child *must* attend?

A: : *In January of each year Twistars sponsors one of the largest gymnastics competitions in the country. This is called the Twistars Invitational. Our Pre-Team members who are ready for the opportunity are invited to participate. In the spring of each year we hold our BRAVO event for both our recreational and Pre Team members. Pre Team members will have a 'fun meet' within the BRAVO performance. As always, we do not require participation in any of our scheduled pre-team competitions but the aforementioned are highly recommended.*

Q: Who do I talk to if I have questions about Pre Team and my child's progress?

A: *As is true for our Pre Team and Team members, any questions or issues should first be directed to your child's coach. They are in the best position to give you feedback on how your daughter is doing in the gym. They may also have insights about how to support your child over difficult skill development, inter group relations or other training concerns. If there is a need to go beyond talking with the coach, the PROGRAM DIRECTOR for Pre Team would be the most appropriate person to approach. If you still have needs of assistance, as owners and head coaches of the program we (John and Kathryn Geddert) are always available to you.*

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 Pre Team 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: My child seems to want to be in the gym all the time, how do we add training opportunities?

A: *For those Pre Team members who express the desire and who attain a certain level of proficiency we will provide additional training called ADVANCED PRE-TEAM. Our regular pre-teams normally train 2 days per week. Advance Pre Team offers an optional 3rd day of training for those athletes who qualify or are invited to attend. When a gymnast commits to additional hours of training adjustments in the monthly tuition charges are made. Beyond this we certainly encourage participation in our OPEN GYM activities as they provide the student with additional training time in a non-structured environment.*

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: If, after testing, we decide that Pre Team is the best opportunity for our child, how do we get going?

A: *This is a decision that needs to be made prior to the testing/evaluation. After receiving your invitation each family is asked to make a decision about joining our Pre Team program. Your invitation is to participate in an evaluation. The evaluation is used to place athletes in appropriate groups. Prior to the evaluation we will conduct a parent's orientation meeting designed to explain the program in detail as well as answer any applicable questions. It is vital that you attend the meeting so that you can make an informed decision.*

Accepting the invitation and participating in the evaluation signifies the desire to accept a pre-team spot. In rare instances the evaluation process will unveil some weaknesses that indicate that a child may not be ready for the pre-team challenge. It is our position to never place a child in a situation in which that will struggle to meet expectations. In these rare cases the testing fee will be refunded and we will suggest the proper recreational classes to develop the needed skills. In any case we assume that all participants in the evaluation are seeking a pre-team assignment. Pre-team assignments are based on scheduling needs (we will do our best to accommodate your personal schedules), age and skill level.

Q: What is needed from me as a parent?

A: *First and foremost your job is to be your child's biggest supporter. 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.

Some parents like to take an active role in learning the rules, policies, procedures and intricacies of our wonderful sport. This is fine provided that they do not enter into coaching mode. Stay informed by checking our web site (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 1500+ 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 completed a testing process and is invited to the team. The majority of our competitive team members come from our developmental 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 linear 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 2/3 and Starfires comprise our Pre-Team as described above. "TEAM" begins with our competitive Level 3 team and higher.

Team Levels

At Levels 3, 4 and 5, athletes compete in what is called "Compulsory Levels". A core of nationally respected coaches and judges have design the compulsory program. Twistars owner and Head Coach, John Geddert, was instrumental in the development of the current compulsory program for USAG. Routines are designed to establish sound fundamentals. Each athlete performs the same routine to a prescribed criterion. She who performs closest to the criterion scores the highest.

Level 6 is a transitional level from Compulsories (Levels 3, 4 and 5) to Optional (Level 7 to 10). Gymnasts may make up their own routines; however, they must include certain basic elements. The gymnast who performs the required elements with the greatest amplitude, form and style will score the best. In most cases it is our intension to skip level 6.

Levels 7, 8, 9, and 10 are considered the beginner, intermediate, advanced 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 and away from their weaknesses.

A competitive gymnast competes in one or two seasons each year. The first usually runs from September to the end of the calendar year and the second runs from the first of the calendar year and is completed in the spring. Competitive team athletes participate in Invitational competitions in order to qualify for the State Championships for their respective levels. For Levels 8-9-10 the State Championships serve as qualifiers for Regionals and Regionals are the competitions at which Levels 9 and 10 qualify for Nationals.

Advancement Through the Levels

Although our advancement policy is not "etched in stone", due to the variety of circumstances involved, we do have a fair and consistent method intact. This method has been tested and proven for over 30 years and has been successful for us. From time to time, we all can suffer from the "little league" parent syndrome, where we are blindsided by our ambitions for our kids, and we grant that it is helpful for us to get the view of parents regarding advancement. The bottom line, however, is that we must maintain the integrity of the program, its policies, procedures and standards. As the gymnastics professionals, it is our duty to protect what we feel is in the best interest of the program and the athlete's development. That said, the next section describes the general rules or guidelines we follow when making decisions regarding advancement:

To Level	Criteria
Level 3	<p>Score a minimum of 32 All-Around (AA) in mock, in-gym situation and/or other testing procedure. Normally Level 3s that move to Team from our pre-team program spend their first year at Level 3. There is a distinct difference between Pre-Team Level 3 and USAG Team Level 3 even though they are performing the same routines.</p> <p>If advancing a level prior to completing 2 full seasons the athlete then must attain a minimum score of 34 AA in a mock meet situation.</p>
Level 4 or 5	<ul style="list-style-type: none"> ✓ Score two separate 36.75 AA in competition or complete three competitive seasons (15 months) at Level 3 (for L4) or 4 (for L5) ✓ Score a minimum 32 AA in mock, in-gym situation ✓ Be able to safely perform all required elements at a Standard and level of expectations conducive to enhancing future progressions. ✓ If advancing a level prior to completing 2 full seasons the athlete then must attain a minimum score of 34 AA in a mock meet situation.
Level 6	It will be our intention to bi-pass this level when appropriate
Level 7	<ul style="list-style-type: none"> ✓ Score two separate 36.75 AA in competition or complete three competitive seasons (15 months) at Level 5 ✓ Be able to safely execute all USAG required Level 7 elements ✓ Be able to safely execute Twistars required elements for Level 7: <ul style="list-style-type: none"> • 9.0 or better handspring vault • A “B” Acro Series on Beam • A cast handstand, clear hip, and giant on Bars • A Front Tumbling Series, and Layout tumbling skills <p>Because the Twistars required elements are more difficult than the USAG elements, and because it is not our goal to keep kids out of competition, we will allow potential Level 7 athletes to have one “weak event”</p>
Level 8	<ul style="list-style-type: none"> ✓ Obtain two separate 36.75 AA at Level 6 and/or 7 or competing 2 full season at Level 7 while demonstrating reasonable success ✓ Be able to safely execute USAG requirements for Level 8 ✓ Be able to safely execute Twistars requirements for Level 8: <ul style="list-style-type: none"> • A vault with at 9.4 or higher start value • Kip cast handstand, clear hip handstand, giants, flyaway, major B release or pirouette on Bars • 2 B tumbling passes and a 2 Salto pass on Floor • An Acro flight series on beam and Round Off or B value Front Flipping Dismount • Because the Twistars required elements are more difficult than the USAG elements, and because it is not our goal to keep kids out of competition, we will allow potential Level 8 athletes to have one “week event” based on the above criterion.
Level 9	<ul style="list-style-type: none"> ✓ Obtain two separate 36.75 AA or compete two full seasons at Level 8 ✓ Be able to safely execute USAG special requirements for Level 9

	<ul style="list-style-type: none"> ✓ Be able to safely execute three of the four Twistars USA event requirements: <ul style="list-style-type: none"> • A vault with at 9.5 or higher start value (9.5 would be considered a “weak event) • A bar routine with a C release, C dismount and potential for bonus • A B flight series, B dismount, Salto and full bonus on beam • 2 C level tumbling passes, and one combination bonus pass. • Being granted a pass from coaching staff at their professional discretion • Because the Twistars required elements are more difficult than the USAG elements, and because it is not our goal to keep kids out of competition, we will allow potential Level 9 athletes to have one “week event” based on the above criterion.
Level 10	<ul style="list-style-type: none"> ✓ Obtain 2 separate 36.75 or compete 2 full seasons at Level 9 ✓ Be able to safely execute USAG special requirements for Level 10 ✓ Be able to safely execute three of the four Twistars USA event requirements: <ul style="list-style-type: none"> • A vault with at 9.7 or higher start value (9.7 would be considered a “weak event” • A bar routine with a D release, full bonus, a C Dismount • A C Flight Series, Full bonus, a separate D/C salto and a C Dismount. • 2 D Tumbling Passes and minimum C combination bonus pass, full bonus (a second .2 bonus pass can replace a D pass) • Because the Twistars required elements are more difficult than the USAG elements, and because it is not our goal to keep kids out of competition, we will allow potential Level 10 athletes to have one “week event” based on the above criterion.

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 polices 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 team/pre team program will receive a 10% discount off the cost of each child's tuition. If the second child in the family is participating in our recreational program, the 10% family discount will apply to only 1 month of the 8 week 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 (this would only apply should the credit card on file be declined)
Outstanding Tuition Penalty	After the 15 th of each month, any unpaid tuition will be assessed a 1.5% interest charge and training privileges revoked until a time when the account is cleared.
Credit Card Authorization Form	All team and pre team members MUST have a credit card/debit card and related authorization form on file. Members may pay monthly tuition in any manner they would like prior to the 8 th of each month at which time the credit card on file will be automatically charged for the balance due. This remains in effect until your 30 day/6 Month Notice agreement has been fulfilled. Those choosing auto pay will have their credit card billed on the 1 st of each month.
Refund Policy	Twistars USA does not offer refunds for any reason (injuries included) nor do we pro-rate for missed training sessions. Monthly tuition is determined by considering the cost of the total program for the year and not a per-hour charge. The total program cost is divided into 12 equal month payments regardless of the number of training hours during that month.
Membership Fee	Pre-Team and Team members are charged an annual membership fee in the amount of \$140.00. This charge helps offset the cost of expenses such as administration, coaches planning time, team staff training, phone, copying, postage, chalk and team equipment purchases, newsletters and more.
June Training	Twistars team members are expected to attend at least one week of the Twistars Camp in June (eligible members paid for by booster club. See Twistars Camp for eligibility details) An additional session of camp is available at the

	expense of the member. No training is available during camp sessions unless organized by the coaching staff.
30 Day Notice	Twistars USA requires an “IN WRITING” one month notice should your child decide to retire from our program. Level 10/Elites have a 6 month notice requirement (see Level 10/Elite Section) 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. Tuition payment extends through the 30 day period.
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.
Facility Maintenance	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. In addition we host an annual gym clean day to take care of the massive task of keeping a facility presentable. Our competitive teams take a toll on a facility and this serves as the underlying reason for requesting Booster Club support on our annual clean day.

<p>Mailboxes/ Communications</p>	<p>Each team member will be assigned 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 upcoming event information to you. Parents should check their mailboxes daily BEFORE practice. Mailboxes will be used for Booster Club information as well. We suggest that you clean out your mailbox on a regular schedule. In addition to the mailboxes, we have a convenient e-mail system for communications purposes. This is operated and maintained by the Booster Club. As good as our mailbox system it, our online opt in system is better. Team members are required to opt in on our members only tab of our TwistarsUSA.com website. Doing this insures that all Inc. and Booster Club communications will be sent directly to your email.</p> <p>Opt In instructions: Go to the TwistarsUSA.com web site. Click on the Log in tab (top on the page in the gray box). This will take you to a registration page. Complete the registration form. Submit. Next you will want to look for an email from WORD PRESS. This email will have a link to verify that you want to receive emails from us. This is authorization is required by law. Click on the link and follow the instructions for finalizing the Opt In.</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 a leotard. No shorts or 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. Please remember that your demeanor, grooming and attitude represent the name TWISTARS USA, and a high standard of behavior is expected.</p>
<p>USAG Membership</p>	<p>Each competing member of our program, Levels 3-10/Elite are required to purchase an annual membership in our national governing body, USA Gymnastics. Membership fees are set by USAG and paid to Twistars in July of each year. Membership in USAG provides the ability to compete in USAG competitions, a secondary insurance during competitions and sanctioned events like training camps, and a membership magazine.</p>
<p>Outstanding Obligations</p>	<p>It is assumed that all outstanding financial obligations associated with Twistars Inc and or Twistars Booster Club will be handled in a professional and prompt manner.</p>

	<p>Obligations extend through the appropriate notice period in regard to Tuition to Twistars Inc. and financial commitment payments to Twistars Boosters. In addition any meet registrations, camp fees or airline tickets purchased, yet unused and non refundable due to departure, must be reimbursed in full to the Boosters Club. These considerations should weigh in heavily when accepting team obligations and or considering mid season departures.</p>
<p>LEVEL 10 /ELITE</p>	<p>Once an athlete has attained the status of Level 10 or Elite, there has been significant time and effort invested into their gymnastics on the part of the Twistars coaching staff and management. For this reason we transition from a 30 day notice to a 6 month notice of departure (kind of like joining most health clubs) once an athlete attains this career milestone. IF an athlete retires from the sport, or the family (not athlete) is relocating this commitment will be waived (reverting back to the 30 day notice), thus this only applies should a level 10/elite decide to take our years of training and contributions to another gymnastics club.</p>

Rules and Guidelines for Successful Team/Pre-Team Membership

PROMPTNESS- Team/Pre-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 where goals and objectives may be discussed. Being on time is VERY important.

TRAINING APPAREL- Team/Pre-Team members must train in a leotard only. Other clothing presents a potential spotting problem and/or safety issue and are not deemed to be the standard of dress within our sport.

RESPECT- Team/Pre-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.

LOCKER ROOMS- The Locker Room is designated for use by team and pre-team members, to be used for apparel and gym bag storage. It is the responsibility of those using the locker rooms to keep them neat. Due to the possible traffic flow in and out of the Locker Room (doors opening to the public), the Locker Room room should not be used for changing clothes. Athletes should use the designated bathrooms as the changing area.

The Locker Room also serves as a storage area for maintenance supplies, janitorial equipment, and booster club storage. In the event any staff member needs access to the storage area they must knock prior to entering. During training hours lockers are intended for athletes only and coaches/staff/parents should refrain from entering the Locker Room while athletes are present. For obvious reasons males are not allowed in the locker room during training hours. Lockers are available for an annual rental fee, upon request. All valuables should be locked up OR left at home.

BODY ART- Bellybutton, nose and or body piercing of any kind are considered a serious safety hazard and are not allowed. Tattoos are also discouraged.

BATHROOM USE- Bathroom and drink breaks should be kept to a minimum. Please ask for permission to leave for the restroom as it informs the coach as to your location. The bathrooms are to be kept clean and tidy. Unnecessary loitering, or mess making will be not be tolerated.

PARENT CONDUCT- Parents should not disrupt training by talking to or motioning to your gymnast. Distractions can create an undisciplined training environment or may even cause an injury. Parents need to remember that the coach is responsible for all training decisions. If there are concerns or questions we encourage an open line of communication provided that it is handled in

a professional and solution oriented manner. Parents should refrain from approaching a coach during training but may address any concerns before or after practice time.

MISSED TRAINING- Parents should inform the office/coach 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. This also serves as a safety measure so as to know that our athletes are not in harms way.

PARENT OBSERVATION- Due to lack of seating available in the gym at the Summit, team members 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. This applies to Silver Stars through our upper level optional team parents.

NUTRITIONAL GUIDELINES- Parents of Team/Pre-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, let alone that of a female gymnast. Sound eating habits are a catalyst to productive training. (See Nutritional Guidelines)

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.
- Lethargic and half hearted efforts can lead to injuries. It is important that athletes remain focused and committed to the skills they are performing.
- NO HORSEPLAY AT ANY TIME

Injuries are a part of sports. Limiting exposure to injury and insuring proper recovery is a our highest priority. Team members that are experiencing pain or discomfort of any kind are encouraged (required) to inform the coaching staff. If pain and discomfort continues then it is best to discontinue all activity that creates or contributes to it. At this time parents should schedule an evaluation with their family physician or our team doctors.

Until the time that the injured athlete is released for gradual return to training, they are not allowed to participate in any gym activity that causes pain. They will however be expected to work on areas that do not cause pain and thus are expected to attend practice on a schedule established by the coaching staff. Athletes can normally find productive ways to enhance training in weak areas while they are recovering from an injury. Assignments will be given such as supplemental conditioning, additional flexibility training, dance training, core balance training, sports psychology lessons or gymnast mentoring. It is important for injured athletes to maintain their social connection with their friends and teammates during their recovery time.

Important: Smart athletes soon learn that there is a fine line between being “tough” and working through pain and being irresponsible to the health of your body. Smart athletes know not to let something small turn into something HUGE and thus cost them valuable training time.

Prohibited Conduct

The safety of our athletes and students during classes, training camps, competitions, and other gym related activities is of paramount concern. When any athlete/student is subjected to abuse, harassment, bullying or hazing, it undermines the mission of Twistras USA Gymnastics and is inconsistent with the best interests of the sport of gymnastics and the athletes Twistras USA Gymnastics serves.

Abuse, Harassment, Hazing and Bullying

Abuse, including child abuse, harassment, hazing and bullying are defined in various sources. USA Gymnastics has not adopted any specific definition of abuse; rather, it has chosen to defer to such general sources and definitions for reference and application. Nonetheless, in general, the following conduct may be considered abusive:

- (a) Physical Abuse.
 - (i) Any physical contact with a participant that intentionally causes or is likely to cause the participant to sustain bodily harm or personal injury, including without limitation striking, hitting, kicking, biting, shaking, shoving, forcing an athlete to train or compete when seriously injured or mandating excessive exercise as a form of punishment.
 - (ii) Any physical contact with a participant that intentionally creates or is likely to create a threat of bodily harm or personal injury.
 - (iii) Giving alcohol or inappropriate drugs to a participant.
 - (iv) Any violation of applicable law involving physical contact, or that is specifically designed to protect minors.

- (b) Sexual Abuse.
 - (i) Rape, incest, fondling, exhibitionism or sexual exploitation.
 - (ii) Any form of sexual contact or inappropriate touching, unwanted physical contact, unwelcome advances or requests for sexual favors.
 - (iii) Any form of wanton or obscene gesturing, lewd remarks or indecent exposure.
 - (iv) Sexual abuse of a minor includes without limitation:
 - * Touching a minor participant for the purpose of causing the sexual arousal or gratification of either person; or
 - * A minor participant touching any person, if the touching occurs at the request of or with the consent of such other person, for the sexual arousal or gratification of either person;
 - (v) Neither consent of the participant to the sexual contact, mistake as to the participant's age, nor the fact that the sexual abuse or contact did not take place at or in conjunction with a gymnastics function is a defense to a complaint of sexual abuse;

- (vi) Sexual abuse also includes sexual misconduct described in the USA Gymnastics Code of Ethical Conduct, including:
 - Soliciting or engaging in sexual relations with a minor;
 - Engaging in any behavior that utilizes the influence of a member's position as coach, judge, official or administrator to encourage sexual relations with an athlete or participant; or
 - Engaging in sexual harassment by making unwelcome advances, requests for sexual favors or other verbal or physical conduct of a sexual nature, where such conduct creates an intimidating, hostile or offensive environment; or
- (vii) Any violation of applicable law involving sexual misconduct or child abuse, or that is specifically designed to protect minors.

(c) Emotional or Verbal Abuse.

Coaches at Twistars are to be aware that some comments meant as humor may not be taken as such by the student/athlete. Joking creates a fun learning environment yet coaches must be careful not to cross the line to inappropriate.

- (i) Insulting, threatening, mocking, demeaning language, behavior or other conduct which is intimidating, frightening, humiliating or offensive.
- (ii) Any improper or inappropriate comment, action or gesture directed toward a person or group that is related to race, sex, creed, sexual orientation, age, national origin or mental or physical disability.
- (iii) Creating an environment, through behavior or course of conduct, that is insulting, demeaning or offensive.

(d) Harassment

- (i) A repeated pattern of behavior that is intended to cause fear, humiliation or annoyance; offend or degrade; create a hostile environment; or reflect discriminatory bias in an attempt to establish dominance, superiority or power over an individual or group based on race, sex, creed, sexual orientation, age, national origin or mental or physical disability.
- (ii) Sexual harassment; the sexual solicitation, physical advances, or conduct that is sexual in nature and is unwelcome, offensive and/or creates a hostile environment.

(e) Hazing

- (i) Coercing, requiring or forcing any humiliating, unwelcome or dangerous activity that serves as a condition for being socially accepted by team members.
- (ii) An athlete's willingness to cooperate or participate is not a defense to a complaint of hazing.
- (iii) Team activities that are meant to promote team cohesion do not constitute hazing.

(f) Bullying

- (i) An intentional, persistent and repeated pattern of committing behaviors that are intended, or have the reasonable potential to cause fear, humiliation or physical harm in an attempt to socially exclude, diminish or isolate the targeted athlete(s).

Required Forms for Team/Pre-Team Members

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

1. Registration Form
2. Emergency Information and Treatment Form
3. Parent/Athlete Concussion Information Form
4. Twistars Inc. Team Agreement Form
5. Tuition and Group Assignment Forms (notice of tuition rates)
6. USAG Membership Application
7. Booster Club Agreement Form
8. Credit Card/Debit Card Authorization Form

It is most important that all forms be on file at our office BEFORE your Team/Pre-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 our non profit 510=c3 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. The Twistars USA Booster Club is a separate and self governing entity and not to be confused with Twistars USA Inc (which is our for profit business).

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 per family. Fundraising opportunities are available to each member. Commitment payments can be paid in full or broken into monthly installments beginning in August and spread out over the competitive season. New members will have between the beginning of the summer program until August 15th prior to being obligated to any booster club requirements. This provided grace period has been established in order to make sure all members are committed to the sport before having to commit to the booster club requirements. Those joining our team after August 15 will be required to accept the stated booster club requirements with not associated grace period. Level 10 and Elite athletes have a more detailed agreement which is outlined later in this handbook and on the official team agreement form.

How is the Financial Commitment Determined? Simple, first we establish a competitive team budget (entry fees, 50% air fare, coaching fees, meet registration 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.

As per your signed team agreement (required for participation on Twistars competitive teams) families are obligated to booster club commitment fees as of August 15th. Families may opt for full payment OR a monthly payment plan established by booster club. Athletes that retire from USA Gymnastics Club competition for greater than one year Between Aug 15 and Dec 31st would only be obligated to the monthly fees that extend through their 30 day notice of departure period. Retiring after January 1 would create a commitment to fulfilling the entire financial obligation to Twistars Boosters Club. Athletes choosing to pursue gymnastics training at another USAG club would be obligated to the full booster club amount for that year.

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). Families should automatically set aside the first full weekend in January (with the Friday being the 5th or later) as this is the date for our annual Twistars Invitational. Depending on the number of families in the boosters club, the jobs are divided up, and the number of working hours determined. The time commitment is usually between 25-30 hours per family for our annual invitational and 15-20 for the smaller event.

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.

BENEFITS OF BOOSTERS CLUB

Without the support of our very productive Twistars Boosters Club it is safe to say that competitive gymnastics would become unaffordable for most families. Thus the importance of the job our boosters club does.

Boosters club pays entry fees (averaging \$90 per competition per athlete), team entry fees (averaging \$50 per level per competition), coaching fees (\$75 per 5-7 hour session), coaching meals (\$25 per day), coaching mileage (@.44 per mile which averages \$70 per competition times 2-3 coaches), coaching airfare (\$400 per fly opportunity), coaches hotel (averaging \$100 per night), year end awards banquet (\$25-\$40 per plate for our athletes) and more. As you can see the boosters club lifts a large financial burden from the individual families.

Additional information is available on the Twistars website at www.twistarsusa.com.

PLEASE NOTE: PRE-TEAM MEMBERS ARE EXEMPT FROM ALL BOOSTER CLUB OBLIGATIONS.

SILVERSTARS ARE EXEMPT FROM THE FINANCIAL AND COMMITTEE REQUIREMENT BUT ARE REQUIRED TO PARTICIPATE IN THE TIME COMMITMENT.

SILVERSTARS

Silverstars are a hand selected group of advanced Starfires. The Silver Stars is a 2 year program. They train 3 times per week for 3-3.5 hours during the first year and 4 times per week for 3.5-4.5 hours the second year. The goal of the program is to place gifted athletes together in an attempt to gain accelerated growth.

Silverstars will use the USAG TOPS (Talent Opportunities Program) as a curriculum for development. The general thrust behind this program is to establish superior strength and flexibility as well as basic core gymnastics skills. The premise is if you are strong and flexible and have mastered the basic skills of gymnastics, you have developed a foundation for potential greatness. Periodic evaluations may be scheduled to assess progress and serve as motivation for improvement. We also have introduced exposure to competition as a way to provide additional motivation for this group. During the first year of the program they will learn the level 3 compulsory routines and participate in a select number of competitions. During the second year these athletes will compete at level 3 or 4. At this time those that display the desire and skill advancement necessary to be successful in the TOP program will continue to pursue this path also.

Even though Silverstars is considered a level of TEAM, due to the limited expenses involved with this level (they do not attend competitions) there is not a requirement to be FULL Boosters club members. We do require that each family participate in the TIME COMMITMENT to off set some of the related expenses and to serve as a slow initiation into the booster club process. Any expenses incurred as a result of competitions or TOP test evaluations will be the responsibility of the family and must be paid to Twistars Inc or Boosters Club prior to participation.

LEVEL 10 and ELITE

Twistars USA invests a great deal of time and resources into developing our athletes. We are committed to providing them with the very best in coaching instruction, equipment and supplemental programs so as to make their gymnastics experience the best it can possibly be. Due to this level of commitment on the part of Twistars Inc and Boosters Club we in expect a level of commitment in return. In the past we have had several athletes use our program to gain full ride athletic scholarships and national recognition only to take their talents to other competitive clubs in Michigan. This is the underlying reason for the following membership rule.

Once an athlete attains the honor of becoming a Level 10 or Elite athlete their notice of departure shifts from 30 days (as used by all other levels, pre-team through level 9) to a full 6 month notice of departure. Should an athlete retire from the sport of gymnastics (for a minimum of 1 full year) OR relocate to another state (for a minimum of one full year) this requirement would be adjusted back to a 30 day notice.

NUTRITIONAL GUIDELINES

Gymnastics is a sport that requires the utmost attention to maintaining the best possible physical health. The strength and conditioning program at Twistars USA is intense and designed to make sure our athletes can handle the demands of training and skill acquisition associated with high level gymnastics. It is no secret that stronger athletes will be more successful. With this being said, strength and conditioning training in the gym is not enough to insure optimal development of the athlete. Nutritional habits play a major role also.

It is assumed and understood that our athletes will participate in proper eating habits. We assume that all parents will assist us in this “team project” to insure that all the hard work in the gym is not wasted due to improper nutritional habits at home. Gymnastics is a strength to weight ratio sport and although most younger athletes have little issue with weigh management, older, more mature athletes will. It is the nutritional habits that are formed early that will help make life much easier as a gymnast once they hit their mid teens.

Is there a time for “treats”? Absolutely! We would never want our athletes to miss out on a special occasion celebration. The key is discipline and knowing that “junk food” is to be saved for very special circumstances. Athletes will be expected to adhere to our Nutritional Guidelines (making sound nutritional choices) when at all gymnastics functions. IT IS deemed disrespectful for parents to encourage improper eating habits or for athletes to blindly disregard this important rule of membership.

We realize that not all parents and athletes are up to speed on what good nutrition actually is and in fact even the research on the subject is quite confusing. In an attempt to educate our families we provide periodic health and nutrition newsletter articles as well as access to our medical staff when questions arise. Parents should feel free to ask questions in order to learn as much as possible about proper nutrition.

DISCIPLINE

Maintaining discipline within our program is our key to success. Twistars USA prides itself on helping to mentor and produce self confident, disciplined, mature and respectful young ladies. We want them to be successful leaders in the demanding and competitive world in which we live. We believe in discipline.

Discipline starts with attitude. We expect and enforce proper attitudes in training. Crying, pouting, sulking, eye rolling, and back talk are not traits we admire in any athlete.

We expect eye contact and a vision of respect when dealing with the members of our team. We also enforce proper effort at all times (our sport is too dangerous not to give full effort), and we enforce honesty and integrity at all times. I am certain most parents agree these are valuable assets in life.

When situations arise where disciplinary action is required, our staff will adhere to the following guidelines:

Twistars USA Athlete Discipline Policy

All Twistars Staff members should take note of the following policy as related to dealing with the disciplining of athletes.

Prior to conducting any disciplinary actions with any athletes within our gymnastics program (recreational or competitive team), coaches should consider the following:

- Are the disciplinary actions absolutely necessary?
- Is the physical health and well being of the athlete in jeopardy?
- Is the mental health and well being of the athlete in jeopardy?
- Is the athlete violating acceptable norms or behavior?
- Is the athlete having a negative impact on the training atmosphere or effectiveness of training group?

If it is deemed that disciplinary action is needed then coaches should adhere to the following guidelines:

- Address the issue with the athlete. Inform the parent of the issues
- Outline the problems with the athletes actions
- Offer suggestions and a course of action for improving these actions
- Evaluate the progress

If it is deemed that further disciplinary action is needed the coach should:

- Ask the athlete to join the coach and unrelated witness in a private (open door) setting.
- Remove the athlete from the group setting. Do not reprimand an athlete in open forum.
- Address the issue and the consequences for the actions
- Make further suggestions for correcting the issues at hand
- Document the meeting with the witnesses signature
- Contact the parents and inform them of the issues at hand, the plan of action and the consequences should the appropriate amount of progress not be made in a reasonable pre-established timeline.

- It may be prudent to schedule a meeting with the parents to go over the proper course of action.

IMPORTANT:

* At no time should a member of the Twistars USA Coaching Staff touch an athlete during a disciplinary action or meeting. NO EXCEPTIONS.

ROLE OF THE PARENT

As stated earlier Twistars USA is a “pro parent” organization. This is not necessarily the norm when it comes to national caliber sports organizations but being that we (John and Kathryn Geddert) are parents that have had all 3 of our children participate in the sport of gymnastics, we feel parents should be involved. With this being said however, it is important to know your role as a parent. We are the gymnastics professionals and although your input serves purpose, it is ultimately our responsibility to protect the integrity of our gymnastics program, business and the welfare of the athletes we coach. We take this responsibility very seriously.

A CHILD’S SPORT- Parents need to realize that this sport is for their children. They are the ones that will benefit most from the experience and lessons learned. Let your child learn, love and prosper while you as the parent provide support and balance. Balance comes from all areas of life (friends, family, school, church) and at no time should gymnastics become “all consuming” or so important that the child sacrifices balance in their lives.

LIFE LESSON PRIORITY- Parents need to have perspective on why sports exist. In our opinion it is not for the fame and glory, the medals or the scholarships. It is for the lessons learned, the ability to make decisions, to make good choices, to set goals and to establish character traits that will assist them through life.

UNCONDITONAL SUPPORT- The number one role of a parent is to provide unconditional love and support. You are your child’s rock of stability. They will need you for support during all the adversities that sports will throw at them. You should be their number one fan.

SUPPORT THE RULES- Parents are an important part of the “team”. Your support of the rules, the standards, the communication process will assist with the development of your child in and out of the gym. It is important to always know that our coaching staff has the best interest of your child at heart when it comes to all decisions and although we may not agree on the decision, let there never be doubt as to the underlying motivation.

PRO ACTIVE APPROACH- Learning and understanding all the rules, policies and parent expectations takes some time. Parents can shorten the learning curve by being pro-active in their quest to be “informed”. Parents should make it a habit of reading the Twistars newsletters and booster club email memos as well as all other related documents that can be found on our competitive team web site. Staying informed is an important part of being a effective competitive team parent.

LEAD BY EXAMPLE- It is common knowledge that children may not always listen to what we say as adults but one thing is for sure and that is they will certainly emulate our actions. Parents with a positive, supportive, problem solving approach to

gymnastics will find that their daughters will follow suit. A negative, fault finding, excuse making approach is not a lesson we want our children to learn.

GET INVOLVED- No this does not mean start coaching your child at home. It is referring to getting involved with the Twistars USA organization. Make friends, create relationships that will make your involvement in the sport more rewarding and enjoyable. This in turn presents a picture that you enjoy your time with your friends at Twistars which in turn makes your children happy too.

COMMUNICATE YOUR CONCERNS- Communicating your concerns is part of the pro active approach to parenting. If you have a concern please address it in a professional and problem solving/solution seeking manner. Our coaching staff is very open to providing you with as much information as they have available on any topic. Similarly if you have questions the best approach is to simply ask.

COMPETITION GUIDELINES

Parents, athletes and coaches are representatives of Twistars USA in and out of the gym. As a business that takes great pride in its professional reputation, we want all of our members to protect and or bolster our image within the gymnastics community.

PARENTS:

- Trash talking other clubs, meet officials, coaches or athletes is strictly forbidden. In teaching sportsmanship to our athletes it is vital that we set the best example.
- Never enter the field of play. Parents are not allowed beyond the spectator area (by USAG rule).
- Never approach any meet official, or host club representative with any complaints about the event they have worked so hard to put on. If you have legitimate complaints please relay them to our coaching staff or management and they in turn can forward them on to the appropriate people.
- Likewise, if you have a concern regarding coaching decisions, or methods, please schedule a time to discuss them. Never approach a coach before, during or after a competition with a “concern”.
- Please refrain from contacting or signaling your child during the competition. This may cause distractions.
- Do not feed your children during the competition or awards ceremony. This is considered rude athlete behavior.
- Always arrive 15-30 minutes prior to the designated check in time. This allows time for acclimation and allows for a relaxed, unrushed beginning to the day.
- Plan ahead for all State Championship Team Awards sessions as it is expected that all team members be present. This is to show proper respect and sportsmanship. We realize this may be inconvenient for early sessions but it is still something we feel strongly about.
- Cheering is great. In fact we encourage it as long as it is tasteful and sportsmanlike. Be a Twistar Fan! We love it when you wear your Twistars colors and cheer with enthusiasm. The kids love it too
- Teach your athlete to do a visual essentials check prior to departing from home. Visual means actually seeing the meet essentials like grips, wrist guards, music, tape,

warm up, leotard etc. This should become a pre meet habit. Assuming something is in your gym bag will eventually cause issues.

- Enforce team standards, rules and policies when at all gym functions.

ATHLETES:

- Twistars team members are expected to conduct themselves with the highest sportsmanship standards.
- Display a proper attitude at all times. Crying, pouting, poor body language and will be discouraged and could be cause for removal from the field of play.
- Remain attentive and supportive of your teammates. Gymnastics is a team sport and your support will help create a positive and energetic atmosphere.
- Listen respect and respond to coaching corrections, advice or directives.
- Refrain from eating or snacking in the field of play and or during the awards ceremony. This is simply bad etiquette. Athletes should plan to eat properly prior to and after the event.
- Bathroom breaks during competitions are certainly allowed but should not be accompanied by a parent meeting.
- Wear full Twistars Warm Up for the awards ceremony. Look neat on the stands!
- Congratulate your event, team or all around winners.
- Arrive 15-30 minutes prior to the designated check in time.
- Take care of all needed tape jobs prior to the beginning of warm ups.
- Refrain from motioning, or talking to parents during the competition. Your focus should be on your performance and that of your teammates.
- Be sure to visually see all your meet essentials prior to departing home. This means actually seeing your leotard, warm up, grips, tape, music and anything else that you need to compete. Never simply assume that what you need is in your bag. See it! Touch it!
- As a team, Twistars athletes should thank the meet host (especially major competitions) for hosting a great event. Gymnastics meets take lots of volunteer work and we should all appreciate their efforts.
- Thank your coaches after every competition. Never take their efforts for granted.
- Thank your mom and dad and other supporters after each competition. They are your biggest fans.