



Established 2012



# PARENT HANDBOOK

7235 E US Hwy 24  
Colorado Springs, CO 80915

© 2020, Precision 509 Gymnastics, Inc.

# PARENT HANDBOOK

## Table of Contents

|                          |       |
|--------------------------|-------|
| Welcome to Team          | pg 3  |
| Definition of Success    | pg 3  |
| Precision 509 Core       | pg 4  |
| Team Strategy            | pg 6  |
| Character Development    | pg 9  |
| Difference in Leagues    | pg 10 |
| Components of Training   | pg 11 |
| Expectations of Parents  | pg 12 |
| Expectations of Athletes | pg 13 |
| Meet Season Information  | pg 14 |
| Communication            | pg 16 |
| Transition Out           | pg 17 |
| Payments                 | pg 17 |
| Club Love                | pg 19 |

This is your new team parent handbook. It is designed to teach you about our program and why we do it. Please take this step seriously, and read through this handbook as if it is your daughter's first year in elementary school. It is not politically correct. It is an honest look inside a successful gymnastics business.

# Welcome to Team!

Your daughter has been hand-picked by our coaches and invited to join our Team Program. In choosing to join, you will be part of a great team in a very challenging sport. This handbook is a powerful communication tool. It offers a look inside our business and coaching strategy. It provides you expectations for the training and competition season. It is a smart handbook, please listen to it! With that being said, you are expected to read it and refer back to it throughout your gymnast's career at Precizion 509.

We hope you understand the lifestyle change you are entering! Gymnastics requires more commitment, discipline, and self-motivation than most sports at this age. As a parent, you need to be involved in helping your daughter along this journey. Ultimately, our goal is to make her successful in more ways than just in gymnastics.

## Definition of Success & Team Mission

We strive to provide all of our customers and athletes a very high quality service at Precizion 509. That experience starts before you enter the door, and it lasts long after your journey here ends. We focus and measure our success on the character that grows within our gymnasts.

**The Mission for our Team Program is to build disciplined, self-confidence, and solid character in our girls through the sport of gymnastics and competition.**

**If you don't have confidence,  
you'll always find a way not to  
win. – Carl Lewis**

We commit to focusing on character development through hard work, integrity and team work. We coach each gymnast to her full potential as an athlete while growing and utilizing our list of values. Your daughter will face opposition in her future, if not already. **If she overcomes her trials by believing and following positive values, then that is a success.** We want to be a part of this journey with her.



# Precision 509 Core

## --- Our Mission ---

### *Engage Children in Character Development Through Exercise*

Luke and Trisha have a personal conviction that children should be raised with a healthy balance between love and discipline. These two actions help create solid, confident, wholesome character in children. A core belief of ours is to make fitness a lifetime practice. Children learn well in a physical environment. Actively teaching them to enjoy exercise while making it a habitual practice contributes to their character development in a positive way. On the reverse side, for example, we believe kids sitting at home playing violent video games while their parents ignore them contributes negatively to their character development. We provide opportunities for parents to add value to their child's experiences. When you take your child to gymnastics for a class or a special event, you are demonstrating that exercise is good and you want them to enjoy it.

## --- Our Vision ---

### *To Teach Children How to Apply Healthy Values in Their Life*

Teaching children gymnastics and basic athleticism is important of course, but character development goes way beyond strong muscles and a cartwheel. Our passion is to teach children lifelong values through the struggles and successes of physical challenges. If they hold on to positive values and realize the strength those values create inside them, they may achieve more success and overcome fear throughout their journey. This must be taught by parents, teachers, friends, etc. As coaches, WE are one of those influences on a child's life. WE are responsible for teaching children the importance of relying on their values in the context of fitness training at Precision 509. You certainly may have your own set of values as a family. All we ask is that you be on board with ours when your daughter comes to practice.

## --- Our Values ---

### *Live Healthy Live Passionately Live Responsibly*

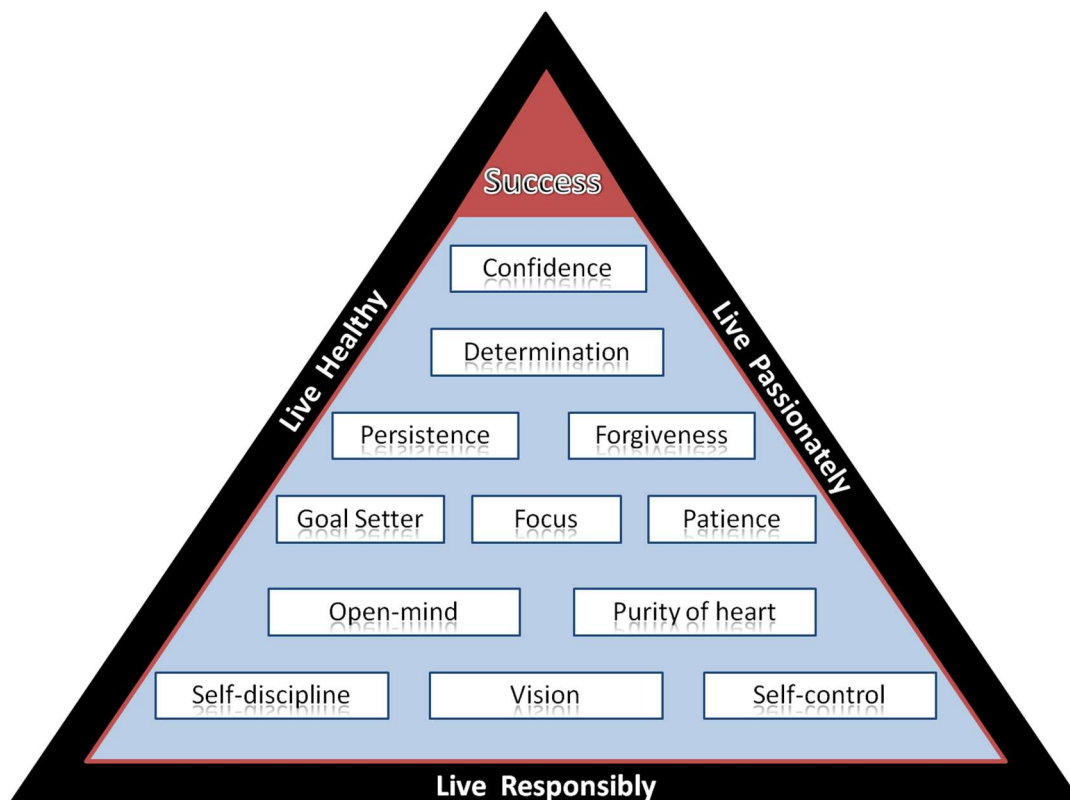
Living **Healthy** goes beyond proper nutrition and keeping your waistline in check. While those are important, well-rounded health requires balance among physical, emotional, relational, and spiritual influences. Healthy, successful people spend a great deal of time in reflection and

solitude in preparation for the heavy burdens of leading and decision making ahead of them each day. We all know someone who has struggled in a variety of ways, often unnecessarily. Those individuals need a boost in one or more areas of overall health, such as relational or spiritual. We must seek this balance if we want true health, which by the way also greatly increases our chance for happiness.

Everyone has **Passions**, usually considered more than a hobby. Our passions can easily feel like our purpose since they hold an emotional value. Passion turns into purpose, which turns into vision if you believe in it enough. We care about your daughter's passions in life; if we can help her follow those passions, then we've accomplished something important!

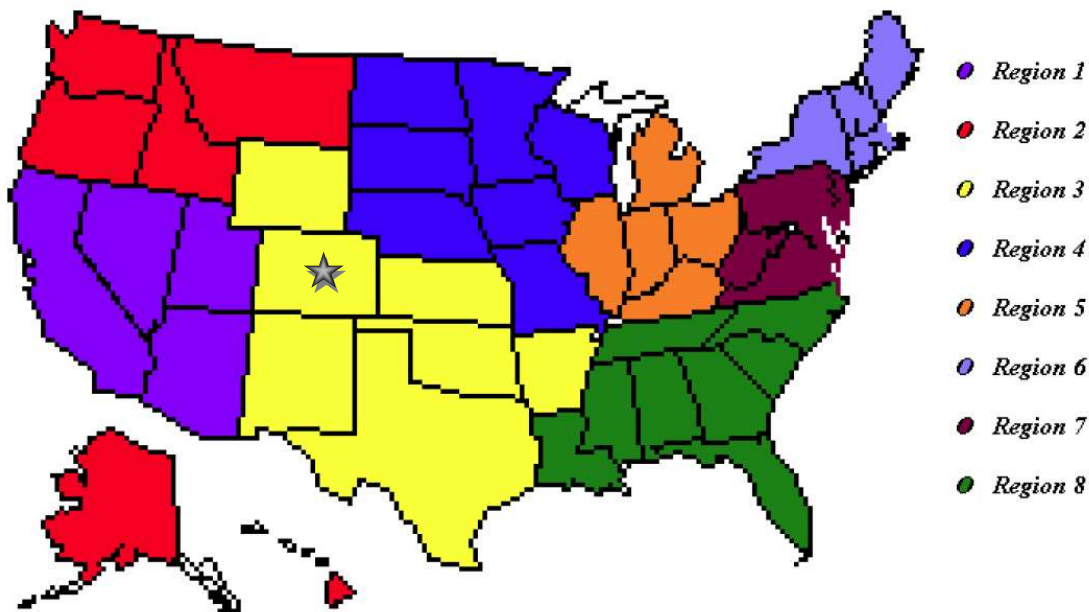
Living **Responsibly** means taking ownership of our actions, decisions, and direction. If we go through life blaming everyone else on our short-comings or negative circumstances, we'll never realize our own potential. We'll drive away countless opportunities. Success starts with three things: 1) Knowledge, 2) Opportunity, and 3) Action. We help your daughter gain knowledge, present them opportunities, but the action must come from within her.

### --- Our Values Pyramid ---



# Team Strategy

To give you some insight into why our program usually places high in competition, we will explain the common practices found in team programs around the country.



*USAG Women's Program Regions*

We reside in Region 3, arguably one of the most competitive regions in the country. The states of Colorado and Texas have higher overall standards in each level and produce many great gymnasts that go beyond club competition. Many gymnastics businesses prefer to load their teams with 15 or more girls. This increases their chance of placing higher as a team and also increases that gym's revenue. Other gyms prefer to train their girls as all-around gymnasts, in order to build their confidence as an athlete and increasing the chance of progressing to higher levels. Precizion 509 practices the latter. Our goal is to produce great athletes with a strong confidence in themselves. Whether they go far in gymnastics or take on another sport, they have a higher chance of success and enjoyment in their endeavors. It is more important for us to provide high quality gymnastics instruction and character development than it is to increase the business bottom line. Our business model is designed around training top level gymnasts in order to build our reputation as a high quality and high standards club. This, therefore, helps in growing our recreational program with girls who want to be like our team girls who work hard, display positive attitudes, and face their fears head on.

We keep the training hours lower. For example, there are gym that will train a Level 3 gymnast in excess of 15 hours a week, while our Level 3's train nine hours per week. One of our unique qualities as a gym is that we put great focus into strength training. Gymnastics requires a high



level of strength, flexibility, and accuracy. A well-trained body will be more able to grasp the new skills quicker and safer.

Our coaching philosophy is founded on mastering the basic, fundamental skills while concurrently drilling for higher level skills. **There are several basic skills that are the building blocks for the rest of the skills a gymnast will ever attempt: handstand, round-off, kip.**

**If you don't have time to do it right, when will you have time to do it over? - John Wooden**

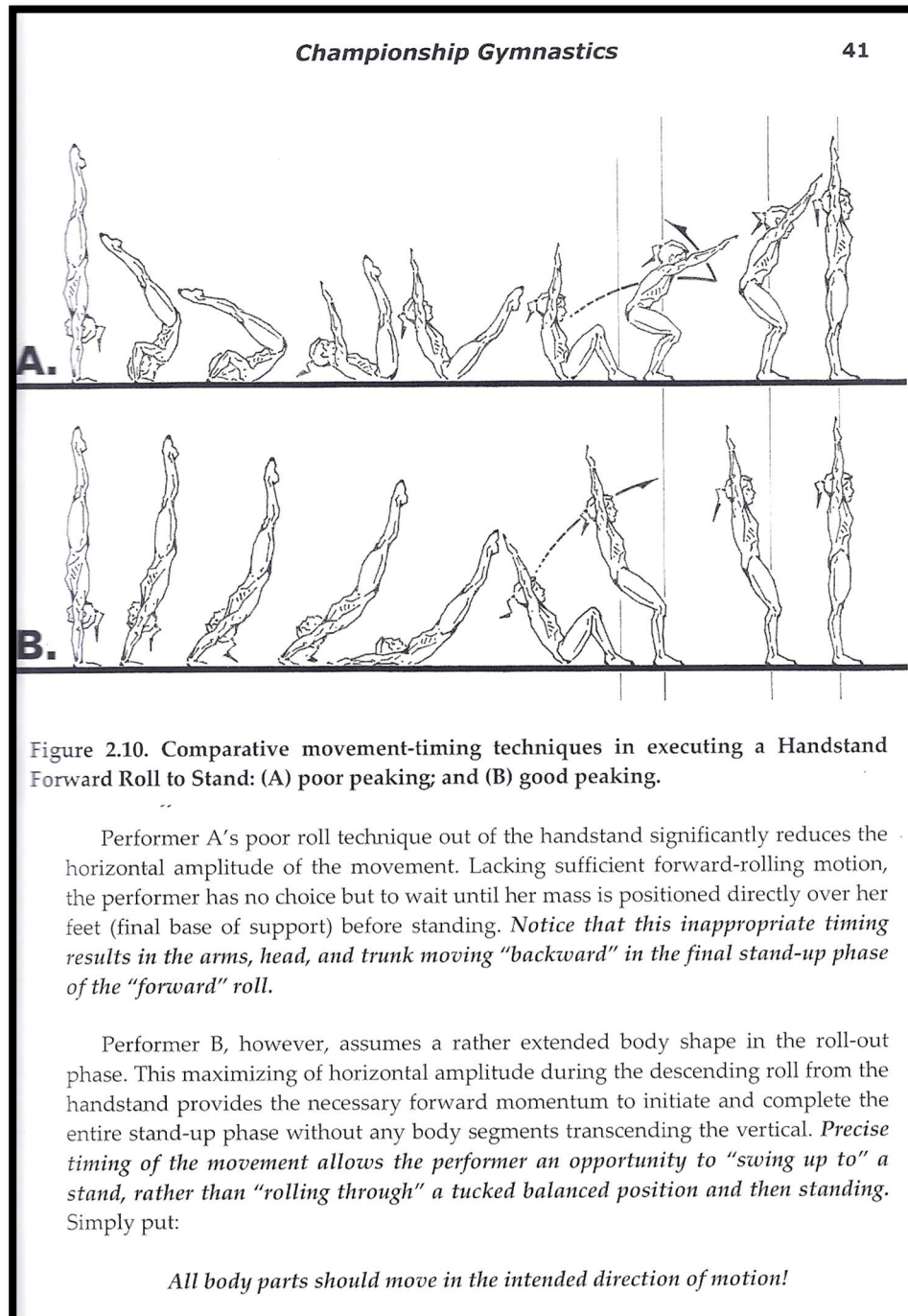
*Here is an example:* A gymnast learns her round-off (RO) from a coach with little background in gymnastics, but the student is so excited. Her core position is incorrect, thus she loses out on a lot of power. However, she goes home and practices her RO in the yard for weeks. Her other skills improve and she is brought onto team, only to find that her round-off backhand spring (RO, BHS) always lands her on her head. Ouch. Her repetitive, improper training created muscle memory for a weak RO. The problem doesn't end there. The next level requires a RO BHS, BHS, requiring more power from her RO, which isn't there. Then comes a RO, BHS, back tuck, then a layout, then a full, etc. There is a good chance she may not tumble in a higher level, even if she is a rock star elsewhere.

We strive for conquering these basic skills in order to set a firm foundation for the future. We do not take the approach of "chucking" skills. We maintain safe progressions and when the gymnast successfully completes the lead up drills and skills, then we allow the gymnast to do the skill on her own. We have found this approach to be highly successful and reduces the potential of injury and sloppy gymnastics. Please note, this implies that most gymnasts will not move up every year. *It is the exception* if a girl DOES move up each year. If your gymnast repeats a level, consider it a benefit to compete again with experience under her belt. Of course, we also hope to see her place higher the second time around.

This whole process is designed to improve their mental capacity and fortitude. They will not progress safely and enthusiastically if they are afraid. Therefore, we train properly with many repetitions and place them in competition where they place high. With the confidence they gain through this process they can then take the next skill on with excitement!

**Working hard becomes a habit, a serious kind of fun. You get self-satisfaction from pushing yourself to the limit, knowing that all the effort is going to pay off. - Mary Lou Retton**

*Here is an example of poor technique and our technique:* see the diagram below showing a simple drill, a Handstand Forward Roll to Stand. The two drills may look similar, but there are small variances in the body shapes, as the author, Gerald George, points out. This simple example shows the difference between a middle 8 score and a higher 9 score. The team coaches at our gym are determined to educate and train the girls to achieve the highest scores possible by making these small but important improvements in their gymnastics.



'Championship Gymnastics', Gerald S George, PhD, © 2010.



# Character Development

Do you see how our strategy is centered around building character in the gymnasts just as much as improving their skills? Ever heard of a sport that is 'mental'? Of course, and gymnastics is no exception. Fear is the most common reason gymnasts quit. Our job is to teach them how to overcome their fear, their confusion, and everything in between. Due to her training here, we expect that your daughter will have an advantage as she faces future opposition that knocks her peers on their backs but is a minor speed bump for her!

We put specific effort toward character development during their entire career at Precizion 509.

**1) Starting with strength.** Not only for the obvious benefits of achieving skills safer, but because **it's hard!** Girls often sweat, moan, fall, and sometimes cry during strength. It is good for them, period.

**Never let the fear of striking out  
get in your way. - Babe Ruth**

**2) Next is a mix of constructive and positive reinforcement.** Some girls learn better from one of the two methods, and we try to find what motivates each individual most. For example: Two gymnasts are performing identical assignments on beam, but they are very afraid of sticking the back-walk over. One gymnast needs the coach to create pressure for her, which best motivates her to do the drill, and with confidence. The other gymnast needs someone to listen to her fears and to understand them. After she has been heard, she will attempt the drill with the coach's warm encouragement. However, if the opposite is done, you will see very different results. Coaxing the first gymnast will just result in her laughing. Yelling at the second gymnast will cause her to shut down for the rest of the day.

**3) At the end of practice, they have chores.** Think it's a waste of time? You should have seen the team area before chores started. Basically, they have a chore that takes 15 minutes or less at the end of practices each week. This will help teach responsibility and appreciation for the gym they spend so much time in.

**4) Our greatest endeavor is a periodic discussion on values** with an opportunity for the girls to ask questions and discuss the topic. Sometimes these discussions occur on purpose, sometimes a teaching moment arises during practice which provides a great context to re-enforce a value. Each value is a tool to learn how to use during varying circumstances. The more a value is used, the more it means to them. These values, we hope and pray, are taken with them to college, work, relationships, trials, and used to make healthy decisions.

# League Differences (JO vs Xcel)



If you haven't wondered yet, you will before long. What is Xcel, what is Junior Olympic (JO), why is she here and the other girl there, etc? Well, here is a quick list of differences between the leagues. Many, if not most, girls will compete their first season in Xcel, even if they have JO potential. We then place girls in JO if they show great potential to reach level 9/10 and beyond. If they don't because of flexibility, age, other priorities, or athletic ability, Xcel will be a great fit for them.

The **USA Gymnastics JO National League** is the sole, national governing body for gymnastics in the US. This league has been established since 1963. Here you will find the best students training intensely many hours a week with devotion for one thing: gymnastics.

## *Characteristics of USAG JO*

Requires larger time commitment  
Attend every practice  
Attend every meet  
Little tolerance for other sports  
Cost more  
USAG Levels 1-10, with P509 competing 3-10  
Physical flexibility is a must  
Strength is priority

**Ultimate Goal: to reach Level 10!**

The **USA Gymnastics Xcel National League** is an alternative USAG competitive program offering individual flexibility to coaches and gymnasts. The goal of Xcel is to provide gymnasts of varying abilities and commitment levels the opportunity for a rewarding gymnastics experience.

## *Characteristics of USAG Xcel*

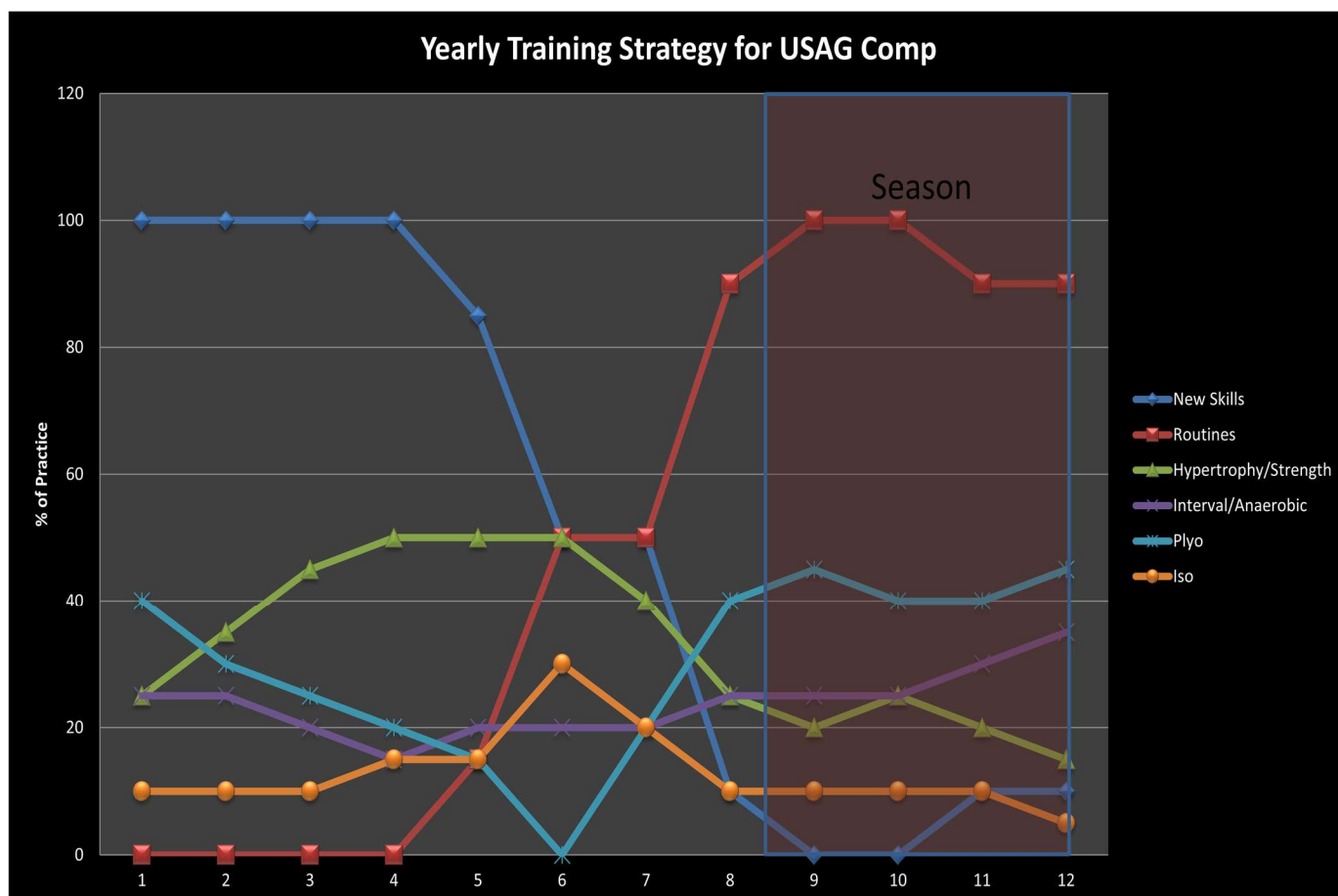
Allows time for other activities  
Missing occasional practice is possible  
You choose your meets each season  
Many girls play another sport  
Cost is lower  
Levels Bronze - Diamond  
Less physical flexibility is permissible  
Can have varying levels of physical strength  
**Ultimate Goal: to train and compete girls, continuing to foster their love of the sport!**



# Components of Training

Your daughter will train with a few specific goals during the two periods of the year: 1) season, and 2) off-season. During those two periods, the training strategy is comprised of six different components designed to achieve specific goals: 1) New Skills, 2) Routines, 3) Hypertrophy/Strength, 4) Interval/Anaerobic, 5) Plyometrics, 6) Isometrics.

See the graph below which shows the yearly rhythm of these components for the Compulsory JO Team who compete in the fall. There is very little difference for the teams who compete in spring, except their season is January/March--May/June. The training has been developed by Trisha Barfield, NSCA-CSCS. Trisha has consulted USA Gymnastics National Coaches as well.



New Skills and Routines are inversely proportional to each other on a 100% scale. Realistically, they make up about 70-75% of each practice. The other four components make up the 25-30% of training done each practice, commonly referred to as 'strength training'. Each week, there are new lists of exercises/drills. Some drills are core to training, but will vary on sets and repetitions. Other drills may be introduced periodically to keep the girls from becoming complacent and stagnate. If they wake up sore a day or two after a practice, that indicates a new drill was introduced during the last practice.

# Expectations of Parents

When you join the team, a new level of commitment begins - not just for your daughter but for parents, too. We want you to know specifically what is expected of you at this stage. With expectations understood, there is more time available by the coaches for unique questions and feedback on your gymnast, and the important part: coaching your daughter!

1) It is the responsibility of the parents to **read this handbook**. Refer back to it during the year, especially before meet season begins.

2) Ensure your gymnast makes it to practice **on time**. If she will miss for any reason, give the coaches a heads up or call the gym that day. Leave a message, send an email, or text. Just communicate that she will be absent.

The coaches may re-structure practice based on a few absences. On the flipside, please pick up your daughter on time when practice is over.

**If you are afraid of failure, you don't deserve success. - Nastia Liukin**

3) Sign up for **autopay** which is used for both tuition and season fees. More information will be provided in the payment section.

4) **Be the parent.** Let the coaches coach, and you be her biggest cheerleader! Provide consistent support, encouragement to work harder for skills, and a smile to make sure they are having fun. Always know that the coaches have your daughter's best interest at heart.

5) **Take care of their bodies.** The body of any athlete needs to be cared for with intention and a little TLC. Their bodies are an integral instrument to their training. We like to think of it as taking care of your vehicle! Regular tune-ups and check-ups are required. Aches and pains are a part of their journey through the sport, but with attention to their needs those can be reduced and managed. For example: Bars has a high demand on their hands and wrists. Taking care of rips/rawness is an essential part to their continued training. Using Neosporin and other topical agents (please ask for recommendations) will help in the healing process. Tape can be used to help protect the rip during the bar practice. Tape is available for purchase in our pro-shop.

**6) Watch day** Our parent watch day is the first practice of every month! We encourage you to come watch your daughter to see how she has progressed over the month. Grandparents and extended family are more than welcome to come as well. If they are in from out of town at a different point in the month, they are welcome to come and watch while they are here! Remember, gymnastics is a very technical sport and most skills take months, even years, to finally achieve. There will be setbacks, but these are common and expected. As their parents, please remember you are there to be their cheerleaders and support system. As coaches, our role is to make sure they are developing their skills both mentally and physically as pertains to our program.

After a while, if you work on a certain move consistently then it doesn't seem so risky. The idea is that the move stays dangerous and it looks dangerous to my opponents - but it isn't to me. That is my secret. - Nadia Comaneci

**7) Please understand that *if* a **practice is cancelled** due to weather or any unpredicted reason, that practice **will not be made up**.** Team coaches are working every night of the week, and creating time and space for a team make-up would not be feasible. This rarely happens.

## Expectations of Athletes

With any competitive sport, there are expectations of the athletes as well as the parents. We communicate these with our gymnasts on a regular basis. Based on these expectations, the results of any given practice or performance may fluctuate.

**1) Apparel/Attire:** Please have your daughter wear a leotard to practice. Unitards are not preferred. Your daughter may wear gymnastics shorts over their leotard. Form fitting capris are also allowed during colder weather months. No midriffs showing to protect the athlete and the coach. Additionally, your daughter's hair must be pulled back tightly. Please have your daughter's ponytail refrain from passing her shoulders. The only acceptable jewelry to be worn are stud earrings (no hoops or dangles) and medically necessary identification.

**2) Snacks:** During each practice, the girls may receive a quick snack break to replenish energy levels. It is not a requirement to send your child with a snack as many of the girls do not feel the need for the break. However, if you do, please make sure you are sending healthy options! Please avoid the junk food. Please remember to send your daughter with a personal water bottle to practice. These travel with them throughout their practice. If you forget, we do have water fountains in the gym and water/Gatorade for purchase in the pro-shop.



3) Below you will find a list of daily expectations to be applied both at practice and other areas of their lives!

- a. Always listen and follow directions from your coaches.
- b. Communicate with your coaches and fellow athletes.
- c. Respect your teammates: no making fun or being intentionally rude to another athlete. Encouraging each other is the best way to be a team player!
- d. Eat a healthy snack or meal before practice. Snacks and beverages must be in covered containers and taken home with you after each practice. Clean up after yourself.
- e. Work as a team: help move mats and side stations where directed.
- f. Move quickly and efficiently between rotations.
- g. Expect nothing less than your best at every practice. Understand that your best *may* look differently at every practice.
- h. Stay positive! Understand that gymnastics is hard work and it takes time to achieve new skills. Appreciate the little improvements as they come!
- i. Make sure you are getting a good night's sleep and end your day at an appropriate time for the following day's activities.
- j. Expect that there will be challenges and whining will not make them any easier to overcome.

## Meet Season Information

Read this section *before each season* as a reminder for the following topics.

**Care of leotard/warm-ups:** Please be sure to follow the manufacturer's laundering directions. It is recommended to use a delicate detergent such as Woolite to wash both the competitive leotard and warm-ups. We recommend turning the leotard inside out to protect any jewels and designs.

Please do not cut the tag out of the leotard. If the seam is compromised and skin shows through the leotard, you must repair it yourself or purchase a new leotard. We highly recommend putting your daughter's name/initials on her warm-up tags.

When your daughter is putting on her leotard, please remember that the fabric is very delicate. You should advise her to put it on like panty hose. Briefs are also to be worn under the

**To Become a CHAMPION: Take your worst event and make it your best... AND THEN, take your worst event and make it your best... AND THEN, take your worst event and make it your best... - Gerald S. George, Ph.D.**

competition leotard at all meets! Please make sure if your daughter does not normally wear briefs, you have her wear them a couple times during practice to get more comfortable.

These leotards and warm ups are non-refundable and non- returnable. If something happens to your daughter's uniform, you may have to buy a new one. This is costly, but it may be necessary if the damage is severe. Please teach your daughter to take care of this uniform.

**Personal Appearance/What to bring:** We want your daughter to feel proud and accomplished at all competitions! Your daughter puts in an extreme amount of hard work in order to prepare for this part of her season. This entails family members putting in effort as well to make those competition days extra special! They train all year long to compete in about 5-7 meets a year. Please help us in making this part of season exciting!

**Hair:** All girls must have their hair pulled back and out of their face. Please make sure your daughter's hair is off her shoulders (no long ponytails). Make sure to pack extra hair accessories in their gym bag including, bobby pins, clips, hair ties, hairspray, an extra scrunchie, etc.) Believe it or not, we do have to fix the girl's hair in the middle of a meet sometimes. If you do need help with "competition hair" (for example: parent is unable to attend the meet), please ask another parent to help with your daughter's hair. Also, only natural hair colors.

**Nails/Skin:** All nail polish MUST be taken off before the meet. All temporary tattoos or markings must be removed from skin. Again, only natural hair colors as well. She will actually be deducted points for these things! Our sport is quite finicky.

**Jewelry:** One small stud earring per ear is allowed. No long jewelry or hoops.

**Extra Leo:** Always pack an extra leotard in case of an accident. (Yes, we have seen it happen).

**Food:** During the meet, please provide healthy options for your daughter to snack on. If you choose to pack a "goodie bag," know that it will be allowed after the competition concludes. Good snack ideas: whole grains, fruits, cheeses, lean meats, peanut butter, etc.

**Night Before:** Please avoid sleepovers the night prior to competition. Rest is vital in keeping their minds sharp. Let's give them the advantage of a good night's sleep.

**Be on Time:** We require the girls to be 20-30 minutes prior to open warm-up start time. This will put your daughter at ease, allowing her to see the facility and get settled.

**Interaction at a Meet:** If there is an emergency, please flag down your daughter's coach or a meet worker to assist you in getting to your child. Additionally, with the delicate material of our leotards, we do want you to assist your younger athletes when using the restroom. We keep

interaction to a minimum to help your daughter stay focused. As always, if you are needed, we will make sure to come to you!

**Website:** The website is updated by your league's director as soon as we receive information from the host club. Frequently check our website for meet information (start times, meet locations, etc): [www.precizion509.com](http://www.precizion509.com), follow the links to the appropriate team. Remember, the host gym may not know the final schedule until two weeks prior to the meet. Also, keep in mind that some meets fill up with registrants and your daughter's session may end up being on the Friday evening of that weekend.

**Transportation and Meet Entry:** Please know that you are responsible for getting your daughter to the meets. Coaches can not transport gymnasts. Please talk with other parents if you would like to carpool. Admission is normally cash only.

**If you are not up-to-date on your monthly tuition, your daughter is not allowed to compete in any meets until paid in full.**

## Communication

**Why:** We encourage that as topics arise, you speak to your daughter's coach directly and promptly.

**When:** Please schedule a time to meet with your daughter's coach to discuss any concerns or thoughts if you think this may be longer than a five-minute conversation pre/post practice. Approaching a coach during practice is not allowed unless it is an emergency.

**Where:** for basic discussions, meet in the lobby. For scheduled meetings or sensitive issues, meet in the party room. We can meet at a local Starbucks during the day if need be. Coming into the gym area is not ok. That area is designated for coaches and gymnasts. Parents are only allowed to come into the gym if they are invited by the coach.

**How:** There are many different methods that our coaches are available to communicate through. Text messages are reserved for **quick & simple** matters. (ex- My daughter is sick today). Emails/Basecamp are preferred for the majority of our communication outside of updates on your daughter's progress. This allows coaches to address them within their availability to protect their personal time. Phone calls are allotted for a more in depth matter, and please note that these matters may require a face to face meeting.

**Important:** Please respect our coaches' time. You have entrusted us with your daughter's training and well-being. Please allow us to carry out that responsibility.

## Transition Out

When you see the end of the gymnastics road approaching for your daughter, please come and talk to us as a plan can be discussed. We encourage a gradual change in her schedule and goals. The purpose of a gradual change is so the athlete can find other social settings and/or activities to become a part of outside the gym. Precizion 509 has a mentorship program called the Junior Leader Mentorship Volunteer Program. It is designed to give experienced gymnasts or Urban Gym students an enriching volunteer experience at Precizion 509 by inviting them to shadow and assist recreational classes. Finalizing a big part of a young person's life does bring about a range of emotions and feelings. We want to help them find the best individual "route" in this transition, whenever and for what particular reason it arrives.

**Happiness lies in the joy of achievement and the thrill of creative effort. - Franklin D. Roosevelt**



## Payments

Precizion 509 requires automatic payment for Pre-Team and Team families. This reduces the time and paper used for printing invoices and calling those who have forgotten to make payments. Auto payment is taken on the **1<sup>st</sup> Monday** of each month via the card saved on file on your account with us. An email will be sent to you about a week prior reminding you that your credit card will be charged. If you need to discuss payment arrangements, please contact your league's director.

**Tuition:** Team tuition is higher than recreational prices due to the technical training and number of hours the girls are in the gym. Team prices are set at a lower rate per hour vs. recreational

classes. Normally, team coaches are the higher paid coaches on staff based on their knowledge and experience. Therefore, team tuition is not meant to carry the business.

Total yearly tuition is divided into twelve monthly payments. If you have multiple gymnasts in pre-team or team, you receive a 15% discount on the second, third, etc. child's tuition. Precizion 509 also offers a tuition cap for team families.

Your monthly tuition will remain the same regardless of any spring, summer or winter break practices offered or not offered.

**Meet Season Costs:** The fees that are included in this cost include meet entry fees, coach's fees, uniform and warm-ups, and USAG membership cost. Meet season costs are in addition to monthly tuition. Please ask to see last season's meet forms for approximate numbers on upcoming seasons. Meet season costs are typically divided into 4-5 months to help spread out cost over the season. All payments are taken via card on file (autopay) or paid ahead via preferred method. If you plan to pay ahead or use a different method of payment, please contact your league's director at least a week prior to the payment deadline.

**Hosted Meet Policy:** A separate document will be provided to each team family per year regarding family volunteer requirements.

**Injured Athlete Protocol:** If your athlete is injured in or outside of the gym, their coaches must be notified. When an athlete is injured, we highly encourage them to come into the gym and stay proactive with their conditioning, stretching, physical therapy, mobility exercises, and mental training. Being in the gym, surrounded by their teammates, plays a big part in your athlete's recovery process. Examples: If a gymnast has a Team Parent Handbook V03.01.19 24 severe leg injury, she can still train core and/or upper body conditioning (with physician approval). If a gymnast has a severe shoulder injury, she can still train core and lower body conditioning (with physician approval). Out for Surgery: If your athlete requires a major surgery and will be out of the gym for a minimum of 4 weeks (not allowed to do any form of strength/rehab or conditioning—For example: She is only allowed to walk—please provide a doctor's note with details), your athlete's tuition for the month following their surgery will be credited (not charged to your credit card). Example: Your athlete has surgery on March 18th, your daughter's April tuition will not be due for that month. Your normal tuition will begin again as normal the following month (example: May). We allow only one month of skipped payment due to gym budgeting and to encourage families to still bring their daughter to practices regularly (which is proven to be the best thing for her recovery!) She needs to be in the gym, even if only doing conditioning and observation/journaling. Your athlete is encouraged to come in to the gym, when released by their doctors, to do all physical therapy, mobility, conditioning and stretching (that she is able to do), mental training packets and video



watching (if the coach deems necessary) in the gym. This allows your athlete to remain involved and engaged in the sport. Trust us.... This is the best thing you can do for her! Please keep bringing her. The amount of perseverance and grit that comes during and after an injury is life changing. This is a really hard time for your daughter. Please be as supportive as possible, and encourage her to keep showing up! Please make sure your athlete's coach is notified of all orders or restrictions by doctors and/or physical therapists. This ensures that we are aiding correctly in your daughter's recovery process.

## Club Love

We strive to create a culture that encourages gymnasts and families to enjoy spending time at Precizion 509. As part of this culture, several benefits have been defined below to show our gratitude for committing your daughter and your family to our Team program.

**Booster Club** - We are affiliated with the Precizion 509 Gymnastics Booster Club! It is highly recommended to join and participate. As the club grows and increases their experiences with fundraising, we believe it will be a great use of your time and effort to reduce the cost of competition season. For more info, you need to talk with one of the officers. Just ask the front desk for a connection once you are on team. You may also reference the Booster Club bulletin board located next to the stairs to the upstairs pre-school gym.

**Adventure Gym** - All team gymnasts are allowed free admission to Adventure Gym. It is an open gym event where they are allowed to play or practice safe drills by themselves approved by their regular coach. The nature of Adventure Gym does not allow coaches to spend quality time with an individual gymnast. Also, remember that parents may not coach their daughters at home or at the gym, to include Adventure Gym. If parents or team gymnasts do not adhere to these rules, this benefit will be revoked. Any siblings of team gymnasts must pay regular price for Adventure Gym.

**Birthday Parties** - Team families can schedule parties here for a discounted rate. Reservations must be on Saturday or Sunday during the usual party slots. You can view the details on the website or pick up a flier at the front desk. Club Love gives a 50% discount off the current full price for any Team family. This discount applies to the base package price and for the team athlete only, not siblings. If you go over the allotted number of attendees at the party or time in the party room, you will have to pay for those costs. Any add-on's such as cake, pizza, or goodie bags will be in addition to the base price.

**Leo Sale** - A special leotard sale will occur twice a year for team families to sell their out-grown leotards at Precision 509. There will be a small rack rental fee to pay Precision 509 for using our Pro-Shop. Announcements are sent out about a week before the sale month begins. Some parents even find used leotards elsewhere and then mark them up at the Leo Sale. You are an expert at leotard sizes and styles, being the parent of a gym-rat, so take advantage!

THANKS FOR READING!



© 2020, Precision 509 Gymnastics, Inc.