

# Welcome to Team Extreme!

Welcome to the Extreme Gymnastics USA competitive program. Our objective is to provide your daughter/son with the highest quality instruction, build confidence and encourage the pursuit of excellence.

Our goal at Extreme Gymnastics USA is to build and maintain a successful competitive gymnastics program beginning with the preschooler and progressing through the teenage years. We are proud to provide your daughter/son with a full staff of safety certified and extensively trained coaches. Our experienced coaching staff is trained to teach the most basic through the most advanced skills for every gymnast Level 2-10.

Thank you for choosing Extreme Gymnastics USA, we look forward to making your family a part of our family.



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[www.extremegymnasticsusa.com](http://www.extremegymnasticsusa.com)

## **MISSION STATEMENT**

Our primary mission at Extreme Gymnastics USA is to help children develop characteristics and attitudes that lead to success, such as, pursuing excellence, determination, perseverance, team work, personal discipline, setting and achieving goals and confidence. Our secondary mission is to help children develop technically sound gymnastics skills, strength, flexibility, grace and the overall knowledge of health and fitness.

## **A BIT ABOUT OUR COMPETITIVE GYMNASTICS PROGRAM**

Extreme Gymnastics USA follows USA Gymnastics (USAG) competitive and pre-competitive guidelines for the Junior Olympic Program.

### **Junior Olympic Program Overview**

The Junior Olympic program was developed with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills in order to advance safely. The program allows the gymnast to advance at her own pace, competing at more than one level in a year, if she so chooses.

The Women's Junior Olympic Program is divided into three major segments.

1. The Developmental Levels 1 through 4 may be used as a non-competitive and achievement-oriented program for use within a gym's pre-team program, or they may be used as an introductory/recreational competitive program. States may also offer State Championships for these levels.
2. The second part consists of Compulsory Levels 4 and 6. These levels are progressive in nature, building upon the skills required at the previous level. Competitive opportunities are provided up to and including the USA Gymnastics State Championships.
3. The third segment is Optional Levels 7-10. Levels 7 and 8 have difficulty restrictions, while Levels 9 and 10 have no restrictions in the skill choice. Composition is evaluated at all Optional Levels, except Level 7.
  - Level 7 has competitive opportunities up to and including State Championships.
  - Additional competitive opportunities are provided for Levels 8-10, with the Level 10 competitive season culminating at the Jr. Olympic National Championships, Level 9 at the Eastern or Western Championships and Level 8 at the Regional Championships.

## **TEAM EXTREME IS CURRENTLY STRUCTURED AS FOLLOWS:**

### **BronzeStarz– *USAG Level 2***

Gymnasts ages 4-7 will learn the compulsory level 3 routine provided by the USAG. One or two coaches will be heading this group depending on the size of team. The Fliptastics will practice 4-5 hours per week throughout the year.

### **SilverStarz – *USAG Level 3***

This group usually consists of Gymnasts ranging in age from 5-9 years old. One or two coaches will be heading this group depending on the size of team. The Hot Shots will practice 5-7 hours per week throughout the year.

### **GoldStarz – *USAG Level 4***

This group usually consists of Gymnasts ranging in age from 7-10 years old. One or two coaches will be heading this group depending on the size of team. The Tumblestars will practice 6-8 hours per week throughout the year.

### **Pre-Team – *USAG Level 4***

Our Pre-Team gymnasts will range in age from 8-13. Again, one or two coaches, depending on how many gymnasts make up the team. Pre-team practices 7-9 hours per week.

### **Levels 4 -6 (Competitive)**

Four is the first level of competitive gymnastics. A gymnast must be at least 6 years old to compete in any USAG meet. The Level 4 competitive gymnast will practice approximately 12 hours per week. Levels 5 & 6 will practice approximately 12-20 hours per week.

### **Level 7 and up (Competitive)**

Level 7 is the first year of Optionals for a gymnast. Which means the gymnast, along with her coaches can choose her own music for floor routines and have the floor routine choreographed by a professional. Bar and beam routines are the choice of the gymnast and coaches as well, providing each routine has the necessary skills to qualify it for whichever Level the gymnast is competing.

## COMPETITION EXPECTATIONS

At Extreme Gymnastics USA our competition season currently runs from January to April or May with the complete meet schedule to be distributed in the fall. On the meet schedule you will find only full weekends, as the exact meet date is not known until approximately 2 weeks prior.

*Developmental* -The Developmental gymnasts will be expected to participate in 3 In-House Fun Meets (held December, January & February) prior to attending 2-3 traditional Fun Meets hosted by other gyms (late February thru early May). These are usually somewhat local (between 30-60 minutes away) with one overnight meet possible. A Fun Meet is a gymnastics competition in which each pre-competitive gymnast will compete on all four events individually. This generally gives the gymnast a chance to showcase her ability, gain confidence and get a feel for the “real thing”. When the gymnast finishes each event she will earn a ribbon for her performance. Ribbons are awarded in the following order, blue, red, white, yellow and sometimes rainbow, with blue being the highest honor. At the meets end each gymnast will also earn a medal for her efforts.

*Competitive* – the competitive team is expected to participate in all scheduled meets. These meets are run very similar to a Fun Meet. The gymnast’s performance on each event will be awarded by a score and a colored ribbon. At the end of each meet will be Awards. Each gymnast will be put into the appropriate age group (these vary per meet), and her scores compared to others in her age group and level. Medals are then given to the top gymnasts (number of places vary per meet, usually 7-10 top scores) in each event including All-Around (total of a gymnasts scores on all events). Finally, the girls will be awarded as a team, with the top 3-5 (varies per meet) gymnasts scores for each event tallied and totaled for a team score.

## YEAR-ROUND COMMITMENT

Joining Team Extreme means committing to a year round schedule of training, conditioning and finally and most rewarding, competition. Since our new season gets underway in June, it is important for all team gymnasts to begin the year off right by attending practice consistently during the summer months. During this time, the gymnasts will gain more strength then they will throughout the entire competitive season, making it possible to master all the necessary skills needed to progress to the next level. We understand families enjoy vacationing, etc. during the summer months, be aware that excessive time off from training may leave a gymnast behind her teammates in strength, flexibility and skills. In the event a gymnast is suffering from an injury she/he will still be expected to attend practice for strength or flexibility training that does not affect the injured area.

## OTHER USEFUL INFORMATION

- Useful information can be found at [www.extremegymnasticsusa.com](http://www.extremegymnasticsusa.com) or [www.extremegbc.org](http://www.extremegbc.org).
- Each gymnast will have a mailbox located inside the lobby of the gym, please check these frequently.
- As soon as possible, a complete updated Team Roster including coaches contact information will be available for your convenience.
- Team pictures will be taken for all Competitive and Developmental teams in November.
- A team yearbook will be put together by the Extreme Gymnastics Booster Club (EGBC) each year and distributed at the end of the Competitive season.
- The EGBC will host a Team Banquet usually held in June.
- A team picnic will be hosted by the EGBC, usually scheduled in August.

## FINANCIAL OBLIGATIONS

- Team Tuition
  - Tuition is due by the 1<sup>st</sup> of every month.
  - A \$10 late fee will be accessed for payments received after the 5<sup>th</sup> of the month.
  - To avoid unnecessary late charges enroll in our Automatic Withdrawal program and have your tuition payments billed directly to your credit or debit card.
  - There is a \$25 fee for all returned checks.
  - Each family will be entitled to a 15% discount for each additional gymnast, team or recreational.
  - No discounts will be given for missed practices due to injury, illness, vacations etc.
- Annual Team Administration Fees
  - \$50 for all Developmental gymnasts
  - \$75 for all Competitive gymnasts
  - Due June 1<sup>st</sup>.
  - Gymnasts who join the Team after December 1<sup>st</sup> will only be obligated to ½ of the annual fee.
  - This fee may also be set up for Automatic Withdrawal.
  - Administration fee is used to cover the increased costs of additional necessities only required for team members, i.e. chalk, various types of weights, resistance tubing and other team organization administrating.
- Annual Registration Fee
  - \$25 for all team members
  - Due June 1<sup>st</sup>
  - This registration fee covers each gymnast's yearly insurance in accordance with our Liability Insurance carrier.
- USAG Membership Fee
  - \$48 (online) \$53 (mail in) per gymnast
  - For competitive levels only.
  - This fee is due in Mid-August and can be
  - More information regarding USAG membership or online registration can be found at <http://www.usa-gymnastics.org/Story.aspx?tabid=303&prog=memberservices>.
- Extreme Gymnastics Booster Club Membership
  - Cost is \$75. This is a one-time fee per family as long as your daughter/son is a member of Team Extreme.
  - All Competitive Team gymnasts are required to be a member of the booster club.
  - For Developmental Team gymnasts Booster Club Memberships is optional but encouraged.
- Team Uniforms
  - Developmental
    - Team Leotard (approx. \$60)
    - Team Warm-Up suit (approx. \$75-\$80)
    - Briefs or sports bras optional
  - Competitive
    - Team Leotard (approx. \$80-\$100)
    - Team Warm-Up (\$120-\$140)
    - Warm-Up Leotard (approx \$60)

Costs for team uniforms are subject to change, rates above are offered to give you an idea of what the costs could be.

- Optional Floor Choreography
  - This would be for Levels 7 and up.
  - See Ronda Mills for more information

## **GYM RULES AND POLICIES**

### *GYMNASTS*

- Respect your coaches and teammates. Treat others like you want to be treated.
- Attend all practices, competitions and special events.
- Please notify your coach if you are unable to attend practice for any reason.
- Arrive 10 minutes early and stay until practice ends.
- Get any taping completed before practice begins
- You are expected to work hard and give your best effort. This is what will make you successful.
- Arrive at the gym ready to participate. This includes proper attire, hair pulled back, jewelry off, gum in trash and fueled up and ready to practice.
- Regarding jewelry; no necklaces, rings, bracelets or loop or dangling earrings. Stud earrings are o.k.
- Be kind to the younger gymnasts and do not think of yourself above anyone else.
- Encourage each other
- Always act in a way that shows respect for others, the gym and yourself.
- Be honest.
- Tell the coach when something is hurting. The longer you wait the worse the injury will get.
- Always wait inside for your parents to pick you up.
- Practice is not the place to focus on socializing.
- Stay focused on what you are trying to accomplish during each practice.
- Gymnasts are not allowed in the offices during practice.

### *PARENTS*

- All parents must remain in the designated viewing area. The gym area is reserved for staff and students only.
- Please do not coach your child. Your comments distract from what the coach is doing.
- If you have any questions or concerns please feel free to email your gymnasts' coach or leave a message with the office staff and they will contact you as soon as possible. We are in business to serve you and your child, your thought are important to us.
- Please be a supportive parent to your daughter/son and let the coach be the coach. These are two separate roles.
- Phone calls to the gymnasts during practice are not permitted, unless extremely important or an emergency.
- Be active in the booster club.
- Frequently read bulletin board and check your gymnasts' mailbox for any important announcements.
- Please work with others and volunteer services when possible.
- Parents are permitted at anytime to observe during practice.

## **COMPETITION RULES AND POLICIES**

### *GYMNASTS*

- Arrive 15 minutes early for competition.
- Be adequately nourished and rested.
- Observe curfews or other restriction made by coaches.
- Please behave responsibly at hotels. No running the halls, yelling, horse play etc. This type of behavior can create a bad reputation for Extreme Gymnastics USA.
- No emotional outbursts during the competition such as crying or pouting.
- You must remain on the competition floor from start to finish. Exceptions are with the permission of the coach only.
- You must have the entire team uniform for competition.
- Must accept awards in uniform. Look sharp.
- Observe all rules of host gym.
- Be positive and supportive towards your teammates.
- Be courteous and respectful of other competitors and teams.
- Extreme Gymnastics USA attire must be worn on all gymnastics trips. The coaches will keep you informed of what is required.

### *PARENTS*

- Please be positive and encouraging with your child before, during and after meets.
- No emotional outbursts (booing, cursing etc.) at meets.
- Parents are not allowed on the competition floor unless involved in an official capacity.
- Please wear Extreme Gymnastics attire to represent our team and your child.
- NO FLASH photography allowed during any competition.
- Please support all our gymnasts.

Summary of Financial Obligations for your gymnast...

Gymnast Name \_\_\_\_\_

Group \_\_\_\_\_

Team Tuition \_\_\_\_\_ for \_\_\_\_\_ hours

Other \_\_\_\_\_

Annual Admin Fee \$ \_\_\_\_\_ per year

Annual Registration Fee \$25 per year

Developmental Meet Fees \$ \_\_\_\_\_

Booster Club Dues \$75 (one-time payment, payable to EGBC)

USAG Membership \$48-\$53 per year

I hereby understand the financial obligations required by Extreme Gymnastics USA as set forth in the attached document. I agree to make payment(s) as specified above. I also understand that if my daughter decides to withdrawal from gymnastics I am responsible for any and all payments up to and including the entire month in which she/he last practiced. I will also provide Extreme Gymnastics USA with written notification of our intent to withdrawal. Upon receipt of my withdrawal notification, Extreme Gymnastics USA will provide me with a final statement of all monies due. This amount, if any, will be due in full within 30 days of requested withdrawal date.

\_\_\_\_\_  
Responsible party signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Date

**COPY**

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