

# Welcome to Integrity Rhythmic Team



## **COMPETITIVE TEAM HANDBOOK 2019-2020**

# Table of Contents

1: Welcome to Integrity Rhythmic team

2: Team Rules & Policies

3: Training

4: The competition season

5: Boosters or Rhythmic & Artistic gymnasts

6: Mobility within Team Program

7: Integrity Rhythmic team contract

# 1: Welcome to Integrity Rhythmic team

We are glad you have chosen Integrity Gymnastics for your team gymnastics experience. We are confident that your child will be happy with the opportunities that gymnastics team provides, and we'd like to welcome you to the Integrity Rhythmic Team family. Our athletes have thrived in our program as we have produced countless State Champions, Regional Qualifiers, Regional Champions, as well as National Qualifiers.

The mission of Integrity Rhythmic Team is to develop happy, healthy, and confident individuals. We strive to find a balance for our athletes that will allow them to be challenged at their current ability level while experiencing both personal and team success. It is our goal that each child develops to the best gymnast that they can be and they learn both valuable gymnastics and life lessons.

We are excited to provide one of the top training facilities in central Ohio as well as the Midwest Region. Our athletes are provided the top most resources bolstered by an impressive and highly experienced coaching staff. This program will allow your child to develop her confidence, poise, individuality, mental and physical strength, determination, dedication, and self-respect.

## **The following is a breakdown of the levels within the Integrity Rhythmic Team Program.**

**Rhythmic stars** - Pre-Competitive level of gymnastics. The athletes will transition into more complex skills, piecing together the basics learned in the previous levels. The gymnasts will also begin learning sequences of skills to perform at an in-house exhibition meet at Integrity.

**Level 3 & 4** - Beginner and Intermediate level of compulsory gymnastics. These athletes will continue to build a strong foundation of strength, flexibility, and skill acquisition with a focus on technique and performance. Compulsory athletes will showcase their routines in local

and state competitions and will conclude their season with the State Championship Meet.

**Level 5 & 6** - Intermediate and Advanced levels of compulsory gymnastics. These athletes will compete at the Local, State and Regional levels and will conclude their season with the Open Championship Meet.

**Level 7 & 8** - Intermediate and Advanced level of optional gymnastics. These athletes complete their own routines while meeting compulsory requirements. These athletes will compete at the local, state, and regional levels and have the opportunity to qualify to the Regional Championships.

**9 & 10** - Advanced level gymnastics. These athletes will compete at the local, state, regional, and national levels and conclude their season with the National Championships.

**Rhythmic Xcel Program**-The mission of the Rhythmic Xcel Program is to provide a program that makes rhythmic gymnastics easily accessible for new clubs, coaches, and athletes, to provide an alternative program for athletes seeking a more recreationally competitive experience and to bring the health benefits of rhythmic gymnastics to a wider audience.

The USA Gymnastics XCEL program consists of 4 levels:

**Xcel A-** Gymnastics that include skill range from USAG **Level 3**. Athletes are beginning level performers just getting used to performing in front of an audience.

**Xcel B-** Gymnastics that include skill range from USAG **Level 4**. Athletes are able to begin showing musicality and expression and can appeal to the audience with their performance.

**Xcel C-** Gymnastics that include skill range from USAG **Level 5**. Athletes are showing strong ability to deliver a packages performance.

**Xcel D** is for athletes who perform primarily FIG .3 body skills OR who create difficulty through skill combinations and variations. Apparatus handling is masterful and includes variety, risk and virtuosity. Level D athletes demonstrate a near professional level of performance ability.

## **2: Integrity Team Rules & Policies**

Integrity Rhythmic team is built on a culture of respect and hard work. By these means, the athlete is predisposed to being successful and creating strong character traits. In order for this culture to be established and maintained, the athletes and parents must conform to the expectations of the team, the coaches, and the gym by adhering to these rules and policies. Integrity will not tolerate athletes or parents that, by their words or actions, do not support the policies and values of our team program.

### **Parental Responsibilities**

It is the responsibility of all team parents to:

- Trust in the coaches' abilities and let them do the coaching
- Pay promptly when tuition, booster and other fees are due.
- Help ensure that your child has good attendance and is on time to practice and competitions.
- Support your child by attending events that your child is involved in, remaining positive at all times, encouraging your child to do her best, and giving congratulations for a job well done regardless of scores or placement.
- Volunteer as needed for the team's hosted competitions.
- Respect all coaches, gymnasts, parents, judges & meet facilitators.
- Communicate directly with the coach if there is any issue that needs to be addressed.

## **Gymnast Responsibilities**

As a member of the team, it is the responsibility of the gymnast to:

- Attend all scheduled practices on time and ready to work
- Dress in the appropriate attire for practices and competitions and come prepared with the necessary equipment
- Listen to and follow all rules and instructions from coaches
- Keep an open mind when receiving critique
- Have a positive attitude, do their best & take pride in their training and achievements
- Support every other team member during trainings and competitions
- Be respectful of all coaches, teammates, competitors, judges & meet facilitators, as well as the facilities in which they are train and compete
- Display good sportsmanship at competitions and attend awards ceremonies regardless of scores or placements.
- Communicate directly with the coach if there is any issue that needs to be addressed.

## **3: Training**

Please see the current training schedule for practice time for each level, Gymnasts are expected to attend all their scheduled practices on time and ready to work. Parents are not allowed on the gym floor during the training session. If you have any questions at all, please wait until practice has concluded and a coach will be happy to speak with you.

### **Tuition**

Team tuition is paid monthly and is due by the 1st of each month. Payments made after the 7th will incur a \$30 late fee.

Integrity Rhythmic Team is on a tuition scale based on the number of hours each respective level trains per week. You will see this breakdown

on the following page. In the case that hours for any respective level change during the course of the year, tuition will be adjusted accordingly!

Team tuition is based on a 12 month, 4-week schedule.

This covers **48 weeks** out of the year. This allows for 1 week of team camp in the summer, holidays, and sick/vacation days. There are **NO make-ups** for any team program.

We apologize for any inconveniences this may cause but we have a lot of athletes to cycle through with a limited amount of time and availability of team coaches. We will work to accommodate any extreme cases.

### *Rhythmic Team Tuition Rates for the 2019-2020 Season*

Level	Hours/week	Tuition
Level 3	4 hrs.	\$170
Level 3	6 hrs.	\$205
Xcel A & B	4 hrs.	\$170
Xcel A & B	6 hrs.	\$205
Level 4	8 hrs.	\$225
Level 5/Xcel C	12 hrs.	\$270
Level 6-7	17 hrs.	\$300
Level 8-10/Xcel D	20 hrs.	\$330

**\*Siblings receive a 15% discount on tuition for any program at Integrity\***

\*\*We will not pro-rate any tuition. We have a set number of athletes at each level and therefore must staff these levels properly. If you commit to a given team level, you are responsible for that monthly tuition regardless of any other conflicts or hours that you miss for any circumstance.

If a situation arises in which an athlete must withdraw from the team program, we require written notice provided to the program director as well as the front desk 2 weeks prior to the next billing cycle. This will ensure stoppage of the auto payment. Any tuition collected up to the point of notice will be forfeited, unless in case of injury with a physician's note provided.

**Injury and Tuition Adjustment:** In the case that an athlete is injured and is restricted by a doctor or a physical therapist, the gym and coaches will adjust tuition based on their restrictions. In most cases, injured athletes can workout in certain areas and will be required to continue to come into the gym on a restricted basis as seen fit by the coaching staff. It is Integrity's policy that we REQUIRE a written note of release from a medical professional for an athlete to return to workouts without any restricti

## **Absences**

Once an individual joins the team, practices are mandatory. If your child can not attend a regular scheduled practice please contact Coach Gina in ADVANCE via email. Make-up practice will not be granted due to missed practices, competitions or gym closings. Monthly tuition will not be pro rated due to absences or vacations. We will work to accommodate any extreme cases and/or injuries.

## **Private lessons**

Private lessons, in addition to regular training sessions, are available upon request. Level 4-10 gymnasts are highly recommended to schedule weekly or biweekly private lessons for optimal results. Please contact Coach Gina or Hyejin if you would like to schedule a private lesson. Private lesson fees are determined by and paid directly to the coach giving the lesson.

## **Training Dress Code**

Solid black leotard or tight fitting black tank top with black footless tights. All practice attire must be tight fitting-no baggy tanks or shorts. Hair must be secured back tightly on bun.

## **Apparatus**

All gymnasts on the competitive team must purchase own set of apparatus and toe shoes. Items needed vary by level and pricing for apparatus varies based on the item, size and color. Team apparatus orders will be placed every 6 months. The following apparatus items must be in your gymnast's gym bag at all time.



- Level 3: Ball,Hoop,Toe shoes
- Level 4: Rope,Ball,Toe shoes
- Level 5: Rope,Hoop,Ball,Clubs,Toe shoes,Knee Pads
- Level 6-10: Rope,Hoop,Ball,Clubs,Ribbon,Toe shoes,Knee Pads,Therabands

## **Communication**

Information about practice,team events,competitions and other important information will be communicated by email,and direct any questions or concerns to Coach Gina at: [rhythmic@integritygym.com](mailto:rhythmic@integritygym.com)

## **4: The competition season**

The competition season runs from approximately January to June.A list of competitions the team will attend will be distributed at the beginning of the season.Parents may select which and how many competitions their gymnasts attends based on the following minimum competition requirements:

Level 3: Minimum 3 competitions

Level 4: Minimum 3 competitions prior to Regionals

Level 5 :Minimum 4 competitions prior to Regionals & Regional Championship

Level 6-10: Minimum 5 competitions prior to Regionals & Regional Championship

Xcel /A,B/: Minimum 1 competitions prior to Open Championship

Xcel C,D: Minimum 2 competitions prior to Open Championship

Gymnasts are always encouraged and welcome to attend more then the minimum competition requirement.

## **National Championship Competition Qualification Procedures:**

Level 4-6: USA Open Championships- Open to all gymnasts who have competed at Regional Championship

Level 7-8: USA Gymnastics Championships- Top 12 gymnasts per level, regardless of age division from the Regional Championship qualify.

Level 9: USA Gymnastics Championship- Top 6 junior & 3 seniors from the Regional Championship qualify

Level 10: USA Gymnastics Championship- Top 25 junior & 20 seniors qualify from the US National Qualifier

## **USA Gymnastics Membership**

All competitive gymnasts are required to have a USA Gymnastics Membership, which is to be renewed annually for insurance purposes. This membership allows the gymnasts to compete at all USAG sanctioned competitions and includes a subscription to the USA Gymnastics Magazine. The USA Gymnastics Membership is \$61.00 (included in your booster fees) Level 3 gymnasts may purchase a discounted introductory membership for \$25 which allows the gymnast to compete in all USAG sanctioned competitions, but does not include the magazine subscription.

## **Team Uniform**

All competitive gymnasts are required to purchase the following team uniform for competitions (exact items will vary each two years).

Payment for these items will be paid to Integrity.

Level 3-4 & Xcel A,B: Team competition leotard, warm-up suit, selected team apparel & team gym bag.

Level 6-10: Team warm-up suit, selected team apparel & team gym bag. Gymnast are allowed up to 4 individual competition leotards of choice (2 for level 5-6) to be paid for by the individual. All leotards must be approved by Coach Gina prior to purchasing.

\*For competitions, all gymnasts are required to wear their hair in high, tight bun.

### **Competition Entry Fees**

An entry fee will be due for each competition your gymnast attends. The fee is paid to the host team of the competition to help cover the cost of expenses such as judge, facility rental, equipment, and awards. Competition fees are specific to each competitions and will be taken out of your booster account upon registration for the competitions you have selected to attend. Competition entry fees are NON-REFUNDABLE.

#### *Approximate Competition Entry Fees (per meet):*

Level 3:	\$60 - \$85		
Level 4:	\$70 - \$95	Regionals: \$75.	Nationals: \$150
Level 5-6:	\$100 - \$125.	Regionals: \$100.	Nationals: \$150
Level 7-8:	\$125 - \$155.	Regionals: \$125.	Nationals: \$150
Level 9-10:	\$125 - \$160.	Regionals: \$ 135.	NQ/ Nationals: \$150

### **Coaches' Expenses**

Each gymnast on the team is required to pay for coaches' expenses for the season. Coaches' expenses are covered for each competition – hotel room, transportation, airfare, time coaching, etc. Coaches' expenses are handled as outlined below:

Each gymnast on the team will be designated as either Xcel or L3-10. For team meets up through regionals, coach expenses are split evenly among all active team members

Looking at 5 (+/- 1) meets before 2 regional meets  
Meets will be designated as Xcel, L3-10, or both

Expenses split evenly between gymnasts by how the meet is designated  
Injury with a doctor's note is excused from coach expenses for that meet(s)

Decision to not participate in a particular meet does not exclude paying coach expenses

Nationals for L7-10 (for girls that qualify) – coach expenses paid for or subsidized by BRAG, limited by the value of profits from IRI.

Nationals for L3-L6 and Xcel (open championships) – coach expenses split evenly among the athletes that attend

National Qualifier for L9-10 – coach expense split among athletes that attend

Camps (Future Stars, Youth Elite, Elite, Open Camp, etc.) - coach expense split evenly among the athletes that attend.

Any competitions that a gymnast attends outside of the designated team meets will split coach expenses evenly among those that attend.

When possible, a portion of the coaches' expenses for an upcoming season will be covered by fundraising profits and donations acquired from the past competition season.

Other Expenses (if applicable)

Music expenses – split evenly among athletes that the music is for.

## **Travel Arrangements**

It is responsibility of each gymnast and her family to arrange transportation to each competition. Traveling together as a team may be required for some long distance level 7-10 competitions. For each out-of-town competition, there will be a specific host hotel at which gymnasts are required to stay. This hotel is determined by the meet director and has a discounted rate for gymnasts competing at the event. Please book hotel reservations for the whole weekend as soon as you receive the information. The competition day and time for each level will not be announced until approximately 1-2 weeks before the event. Once you receive this information you can cancel any hotel nights you do not need. If parents are unable to attend an out-of-town meet, they should plan for

their gymnast to travel with another family or coach and split travel expenses accordingly.

For each competition, each gymnast will be given a specific time to be at the competition venue. Gymnasts must arrive at least 15 minutes prior to their worm-up time. It is necessary that all gymnasts are there and ready to go at that time. Gymnast should already have their hair and make-up done, and worm-up apparel/team worm-up on upon arrival. No parents or other spectators are allowed in the worm-up area or near the competition floor at any time during the competition - no exceptions! Additionally, may not issue that to be addressed during competition, please direct it to the coach.

As a member of the audience, we ask that you are supportive of all the girls competing and cheer for all team members before, during and after their routines. Cameras and video cameras are allowed at meets, and can be used from the spectator seating areas, but no flash photography is permitted for the safety of the gymnasts.

### **Routine Music & Choreography (Level 5-10)**

- Level 3-5: Gymnasts will share routine choreography within the level.
- Level 6-10: Gymnasts will have their own individual routines choreographed. Music will be selected by Coach Gina and must be paid for by the individual if the music is being ordered or needs to be cut. Routine choreography will take place in September. The cost of choreography for each routine is \$320. This cost includes individualized time with the gymnast to choreograph the routine and is to be paid for by individual. The cost of music and choreography is not included in booster payments and is to be paid for at the time of choreography.

# 5: Boosters of Rhythmic & Artistic Gymnastics

Boosters of Rhythmic & Artistic Gymnastics (BRAG) is a volunteer, non-profit, tax exempt organizations run by the parents in consultation with the head coach. It is a separate organization from Integrity. All parents of the Integrity Rhythmic Team are automatically members of the organization. The booster organization is a volunteer group which supports the efforts of the gymnast, coaches and the team program by paying for coaches expenses, assisting with entry fees when possible, funds team building activities, hosts social events, and disperses other funds on a discretionary basis.

## **Board of Directors**

BRAG's business affairs are managed by a board of directors. The board will endeavor to seek input and feedback on key decisions from the booster club as a whole. The board will endeavor to run the booster club in a financially prudent manner, while seeking to enhance the experience of the girls on the team.

Invitations to join the board are made on an ongoing basis by the current board and interested parties may self-nominate. The board will seek to have members who represent families whose gymnast are competing at a variety of different competition levels.

Board eligibility contingent on:

- At least one prior year of booster club membership
- Being a current team parent or alumni parent
- Active involvement in hosted competitions
- Maintaining individual booster accounts current (i.e. fully paid) on or before the end of the fiscal year.

## **Financial Goals**

BRAG's fiscal year runs from August 1<sup>st</sup> through July 31<sup>st</sup>

One of the key goals of the booster club is to help lower costs, including coaches' expenses, for team parents by running meets and hosting fundraisers.

## **Volunteering**

Our team will host one competition during the season (usually in January or early February) and may volunteer at a locally hosted larger competition (held in April on Easter weekend). The hosted competition(s) are the primary generator of income for the booster club and help offset costs, primarily coaches' expenses for all gymnasts on the team. The success of these competitions relies heavily on the volunteering time and talent by our team parents. Therefore, all parents are expected to volunteer time in order to be in good standing in the program. A specific number of volunteer hours/sessions will be required for each team family. Families can fill their volunteer sessions themselves or engage older siblings, relatives, or friends to assist. Your gymnast will also have the opportunity to volunteer and help support their team. Once the hosted competition dates are set, please mark your calendars in order to ensure that you have availability for the entire weekend(s) of the hosted competitions.

Volunteer hour expectations will be based on how large the hosted competition is (i.e. how many gymnasts are registered) and the size of our competition team.

For an idea of volunteer time...

our January/February hosted competition will require between 4-8 hours of volunteer time per family

the April hosted competition will require between 8-16 hours of volunteer time per family

Charitable monetary donations will be accepted for the hours you are unable to complete per season at **\$25/hour**.

Volunteer hours will be tracked and recorded by the board members. It is the member's responsibility to communicate and confirm the hours they contributed. Members must be in good standing with booster club in order to remain on the competition team.

## **Fundraising**

Our hosted competition(s) are our largest source of raising funds for our booster club efforts. All other team fundraising has been discontinued in an effort to allow families to focus their energy on volunteering their time and talent during the hosted competition(s) and not need to spend weeks trying to sell fundraising items to family, friends, and co-workers.

## **Booster Club Meetings**

Booster club meetings generally take place approximately 3-4 times during the year at Integrity. All team parents are required to attend these meetings in order to receive information, exchange ideas, and help make decisions regarding distribution of funds that have been collected through team fundraising the previous season. Booster meeting dates and times will be sent out by email a couple weeks prior to each meeting.

## **Individual Gymnast Booster Account**

Each gymnast on the competitive team has an individual booster account specifically designated to her. Funds will be deposited into your individual account according to the booster payment schedule and will be used to fund your daughter's competition expenses. These payments are addition to, and different from your tuition payments made to Integrity. All booster payments must be made by check payable to BRAG or by cash in an envelope marked with your gymnast's name. Payments should be put in the black Rhythmic Team Booster box by the stairs at the gym by the due dates listed on the payment schedule. Your individual account must maintain a positive balance at all times:

Gymnasts who are not up-to-date with all booster and tuition payments will not be allowed to participate in competitions.



If at any time you decide to leave the team, you must request a refund of balance in your individual booster account in writing to the team treasure at least 30m days in advance. A refund will be issued after all necessary meet and coaches' expenses have been processed.

Please note that all money deposited into your individual booster account is NOT considered a tax-deductible donation. This is because the money is used for only your daughter's benefit, as it is your individual account. If you would like to make a tax-deductible donation or solicit donation from local business' or employers, those donations will be deposited into the general BRAG account that is used for the benefit of all gymnasts on the team.

## **2019-2020 Rhythmic Booster Payment Schedule**

**Level 3:** \$600 (made in 3 installments of \$200 due October 15, November 15 & December 15)

**Level 4:** \$600 (made in 3 installments of \$200 due October 15, November 15 & December 15)

**Level 5:** \$660 (made in 3 installments of \$220 due October 15, November 15 & December 15)

**Level 6:** \$660 (made in 3 installments of \$220 due October 15, November 15 & December 15)

**Level 7:** \$1,000 (made in 4 installments of \$250 due October 15, November 15, December 15 & January 15)

**Level 8:** \$1,000 (made in 4 installments of \$250 due October 15, November 15, December 15 & January 15)

**Level 9:** \$1,000 (made in 4 installments of \$250 due October 15, November 15, December 15 & January 15)

**Xcel:** \$450 (made in 3 installments of \$150 due October 15, November 15 & December 15)

***\*BRAG fees include coaches' expenses and entry fees for all required meets. Additional funds may be required if recommended meets are attended.***

## **6: Mobility within Team Program**

It is the mission of Integrity Rhythmic Team to produce happy, healthy, and confident individuals and athletes. In order to achieve this, each athlete will compete at a level in which they are able to successfully perform the required elements at a high level of confidence and proficiency. It is at the discretion of the team staff as to which level suits each athlete based on the expectations of our gym and the rules and regulations set forth by USA Gymnastics. NO GYMNAST will move to the next level without first successfully learning and successfully completing the skills required at each level to the standards expected by the coaches. Our coaching staff determines the placement of athletes within our team program based on the following criteria:

Skill level, success at current level, Individual desire, coachability, competitive experience, age, physical abilities, attendance, mental attitude, potential success at higher level, individual confidence and courage, team orientation and spirit, work ethic, strength, flexibility, and parental support.

- Please do not ask when your daughter will move up a level or when they will learn a skill required for a certain level. It is our goal that these gymnasts move through the levels with high levels of success while mastering basic skill fundamentals.

- Not all gymnasts will move through the levels at the same rate. Please do not compare your child's progress with those of her peers.
- Throughout your child's training, they may be top in their group or they may be below the level of their group. We ask that you trust the coaches' judgment in their placement. If the coaches see that there needs to be an adjustment, please allow them to make those decisions. Level placement and groupings are something we evaluate throughout the year and are vital to the success of the athlete.
- Just because your daughter successfully competes at a certain level, that does not guarantee that she will learn all the skills required to be successful at the next level.
- It is extremely rare that a gymnast will move up a level each year of their gymnastics career until they reach level 10. Please understand that gymnastics takes a great deal of time, commitment, hard work, talent, and toughness in order to be successful. Every gymnast will advance at their own rate.
- In the case that your athlete repeats a given level (this will happen throughout your child's career), we will work to have your child train at a higher level in areas they are capable in order to continue their gymnastic progressions. Our main goal for the athletes is to continue to grow both physically and mentally.

# 7: Integrity Rhythmic Team Contract 2019-2020 Season

By signing this contract, I acknowledge that I have read and understand the Integrity Rhythmic Team Handbook and will abide by the rules and policies of the team.

I have additionally helped my child to understand the expectations of being a part of the Integrity Rhythmic Team and we are committed to the team for the 2018-2019 season.

**Gymnast Level\_\_\_\_\_**

\_\_\_\_\_  
**Parent Signature.**

\_\_\_\_\_  
**Parent Name (print)**

\_\_\_\_\_  
**Parent Signature**

\_\_\_\_\_  
**Parent Name (print)**

\_\_\_\_\_  
**Gymnast Signature.**

\_\_\_\_\_  
**Gymnast Name (print)**

# Team Roster Information

Gymnasts Name \_\_\_\_\_ DOB: \_\_\_\_\_

Gymnast Email (if applicable): \_\_\_\_\_ US Citizen: YES NO

Gymnast Cell # (if applicable): \_\_\_\_\_ School: \_\_\_\_\_

Home Address: \_\_\_\_\_

Home Phone #: \_\_\_\_\_

Mother Name: \_\_\_\_\_ Cell # \_\_\_\_\_

Mother Email: \_\_\_\_\_

Father Name: \_\_\_\_\_ Cell # \_\_\_\_\_

Father Email: \_\_\_\_\_