

# Team Handbook



**Coaching Staff for Girls Gymnastics Team:**

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**Please request to join our team facebook group: FFG team parents**

## Team Policies

- Practices are MANDATORY for all athletes. Team Members need to maintain good attendance during their off season and competitive season. Athletes are required to attend all practices the week of a competition. Your child's progression and success depends on their attendance.
- If your athlete needs to miss practice for any reason please inform coaches. There are no makeups offered for missed team practices.
- Athletes need to be at practice on time and ready to go. Warm-up, stretch, and conditioning are very important parts of practice.
- Athletes are required to give their full attention during practice for safety. If they can not follow this, they will be asked to sit out.
- Athletes are not allowed on the floor without a coach.
- Any privates held by a coach that is not your athlete's coach should be approved by your athlete's coaches. This is to ensure that they are working on and practicing the correct technique that we require during regular practices.
- Private lesson fees are up to each individual team coach.
- Dress Code: Up to each team head coach to decide what to wear. Girls gymnastics team are allowed to wear leotards & spandex shorts. T&T Team are allowed to wear fitted clothes during practice.
- Athletes are responsible for bringing all personal belongings including their grips, tape, braces, water bottle, extra hair ties, etc.
- There will be no cell phone usage inside the gym area unless there is an emergency situation or special permission is given. When athletes are icing or rehabbing, cell phones will not be allowed. If gymnasts need to contact their parents, they should ask for permission from their coaches first.
- Let your coach know if your child has any medical/health condition that may interfere with their quality of practice.
- If your child is injured, please have them see an orthopedic specialist as opposed to a family doctor.
- We understand some athletes will participate in multiple sports. Missing

practice the week of States/Regionals for other sports can result in athletes not being able to participate in States/Regionals.

- Disrespect will not be tolerated by any member of Flip Force Gym. All athletes will treat coaches, other staff members, judges, and parents, as well as each other with the upmost respect. Parents and guardians also need to show respect to coaches, staff members, athletes and other parents. Inappropriate language, bullying, talking back, and arguing will not be tolerated by anyone.
- Please respect coaches personal life and do not contact them outside of normal hours. Do not ask your child's coach questions while they are coaching/working.
- Absolutely no sideline coaching from parents at meets or practice.
- Each team coach is allowed one week of vacation in the winter and one week in the summer. Practice may be modified or cancelled all together during this week. If a coach is not able to take the week off in the winter due to competitive season starting, they may take the week off after season is over. Please note that any behavior that jeopardizes the safety or well-being of an athlete will not be tolerated.

#### Competition Policies

- It is up to each individual coach to decide which meets are mandatory. Exceptions to this policy would include: a sudden illness/injury or death in the family. A letter from your doctor must be provided in order to receive a refund from the host club; depending on their policy. You will still be responsible for coaches fees.
- Leading up to competition, athletes are required to practice their skills/routines up to the coaches' standards. If the skill/routine is not performed consistently the gymnast will scratch that event at the competition. If it is not being done during practice, it will not be done at meets. This is for the safety of the gymnast.
- It is up to each individual coach to decide when an athlete may move up to the

next level. Each team has their own standard for moving up to the next level.

- Athletes are responsible for transporting their own belongings including all necessary equipment such as grips, wrist bands, tape, etc.

- To ensure safety and a focused atmosphere, athletes should remain on the competition floor. Athletes are required to stay with their coach at all times, unless told otherwise.

- Parents must stay out of the warm-up and competition areas. Seating will be provided for family and friends at each event. It is important that the coaching staff has the athletes' undivided attention. During GGI it is imperative that even if you are working during your athlete's session and on the gym floor, that you are not distracting the athletes.

- Athletes should stay at the event until the conclusion of the competition and awards. This shows wonderful team sportsmanship.

- Nail polish on fingernails or toenails are not permitted during competition. Only USAG Girls are allowed one pair of small stud earrings and there is to be no other jewelry/bands worn. Remember, if a Judge sees these things, there could be a deduction in the gymnast's score.

- Uniform: Up to each individual team coach to decide.
- Hair must be pulled up so it does not touch the floor or equipment.
- Coaches have the option to cancel practice on Monday after a meet weekend.
- Athletes and Parents are representing Flip Force Gym at all times. As members

of the Flip Force Gym Team it is imperative that everyone has the highest level of sportsmanship and good character towards all athletes, coaches, parents, and judges.

\*Failure to follow team or competition policies will result in being asked to leave our team program.

### **Payment Policies**

- All team parents must create a team account with the following link:

<https://app3.jackrabbitclass.com/regv2.asp?id=541979>

- This account is for team purposes only and is handled separately from Flip Force Gym, LLC. The sole purpose of this account is to collect fees owed for meets, uniforms, coaches fees, etc. We, Flip Force Gym, have the right to update any policies at any time.
- An athlete's team account and Flip Force Gym tuition account must be current in order to be registered for any upcoming meets.
- Uniforms will not be ordered without prepayment by the deadline.
- Your child will not be registered for a meet without the meet fee paid by the deadline.
- Your child will not be allowed to compete without the coaches fee paid by the deadline.
- Meet refunds due to illness, injury, etc. are not guaranteed as each meet has different refund policies.
- All Athletes must be registered with either USA Gymnastics and pay the required state head tax.
- Any returned check will result in a \$35 fee on your account.
- Payments made after normal banking hours on the day of a deadline will not be counted as on time. Sufficient time is needed in order to deposit any payments made.
- You may logon to the team parent portal to see fees and payments with this link (only after you have completed the registration link above):  
<https://app.jackrabbitclass.com/jr3.0/ParentPortal/Login?orgID=541979>
- Accepted forms of payment are cash, check, or Zelle.
- To pay by cash or check: Please place your payment inside the team payment box outside of the office.
- To pay by Zelle: Send payment to [flipforcegym@gmail.com](mailto:flipforcegym@gmail.com)
- You will receive a receipt via email once the payment has been applied to your account.
- There will be a \$10 late fee for EVERY fee not paid by the due date.

- We STRONGLY ENCOURAGE parents to start making payments ahead of time so you always have a credit on your account to cover any upcoming fees due.
- You will receive a statement via email any time a fee is added or adjusted on your account.
- We have to account for transaction fees when we register for meets. Therefore, it is possible that you will receive a small credit back on your account after we register athletes for meets.
- Once the coaches fee is established, you are responsible for payment regardless of injury, illness, attendance, etc.
- You are always credited back any monies not used!
- FFG Office staff give numerous reminders via statements, emails, phone calls, and the team parent facebook group. Ultimately, it is the parent's responsibility to make payments on time for your child to attend their competition.
- Please be kind to FFG Office Staff as they are providing courteous reminders. We want all athletes to compete and succeed!
- Any account questions, please contact the office by email.

**ESTIMATED Fees\***Including but not limited to and prices given can change depending on circumstances and other factors\*

Once per season

USAG Membership renewal(USAG Girls, Boys, & T&T)-approximately \$63. This is through USAG and we will give further details with application and how to pay when it is time to do so.

NC State Head Tax: Approximately \$20-25

**Each Meet**

Meet Fee: \$80-\$150. Registration fee + Team fee(divided among ALL athletes) + Transaction fee

Coaches Fee: \$30-\$150 (Dependent upon # of athletes, location of meet, if hotel is

needed, mileage/airfare, how many sessions of competition, per diem for meals, etc.)

### **Uniforms**

This varies per team. It is possible that your team reuses uniform the next season.

If your child has outgrown their uniform, you may resell with one another at a fair price.