



Team Sun Country

Manual- 2008/2009

Welcome to the Team Sun Country family! Our goal is to provide a positive, safe environment where your children can work toward their greatest potential. Our experienced staff will teach your child the fundamentals of competitive gymnastics. Competitive gymnastics is a year-round commitment. Athletes will learn fundamental skills that will benefit them far beyond their gymnastics careers, including self-discipline, teamwork, and time management. With the support of your family, this will be yet another successful season.

This handbook is written to help you understand the responsibilities associated with this program. Please read it completely and sign that you have read and agreed to everything listed in this manual.

I. Rules and Regulations

A. Team Acceptance

1. Anyone interested in joining Team Sun Country must:
 - a. fill out a medical release form.
 - b. agree to and sign Team Sun Country Manual.
 - c. agree to the Triangular Agreement.
 - d. agree to and sign Sun Country registration form.
 - e. agree to and sign insurance liability waiver.
 - f. be evaluated by coaching staff to be placed on appropriate team.
 - i. Members will be placed on teams based on their age and individual skills.
 - ii. Members may be added throughout the season at coach's discretion.
 - iii. Members agree to compete in a level in which the coach has designated.
 - iv. Members agree to compete in the competitions the coach has selected.

B. Team Placement

1. Team placement is determined by Team Director.
2. Sun Country requirements may differ from league requirements.

C. Commitment Policy

1. When gymnasts join Team Sun Country, they have committed to a year round program.
2. Any gymnast who quits Team Sun Country for any reason during the competitive season is not permitted to rejoin the team until the next competitive season.
3. Refunds will not be given for tuition or competitive expenses.

D. Practices

1. Practices are mandatory. Gymnasts will be excused from practices in cases where there are serious illness, mandatory school functions, and pre-arranged absences.
 - a. Attendance and punctuality are essential for all team members.
 - b. You must call a coach or the gym if you are going to be unexpectedly absent or are running late.
 - c. Excessive absences or tardies may result in removal from the team. It is the coaches'/managers' discretion as to what is 'Excessive'.

- d. Any absences during the week prior to a competition or major event may result in gymnast not competing.
- e. If you are injured you are still expected to attend practice and competitions with your teammates. If you are out due to doctor's orders you will need a release from your doctor before you may return to workout.
- f. Asking your coach to change your workout schedule due to personal scheduling conflicts disrupts the entire gym. Please refrain from asking for a schedule change.
- g. Positive behavior is the only behavior to be exhibited while in workout. Inappropriate behavior will result in parent conferences.
 - i. Loss of composure during workout will require the athlete to leave the gym floor until they have regained the appropriate level of composure to continue with workout.
 - ii. No sitting during workout.
 - iii. Disrespect to coaches or administration will not be tolerated. Such behavior will result in expulsion from the gym for the evening.
2. Extra practices may be called. Coaches will give as much advance notice as possible.
3. Gymnasts must arrive to practice wearing practice attire.
 - a. Girls may not wear shorts with their leotard.
 - b. Hair should be pulled back and nails trimmed short.
 - c. No gum, candy or drinks on the gym floor.
 - d. Jewelry is not permitted.
 - e. The gym does not provide athletic tape.
4. Vacations from gymnastics should not exceed 1 week. Anything beyond 1 week may have a negative effect on training.
5. Parents must remain out of the gym. Please do not coach your child from the viewing area. If we feel you are interfering with the coaching of your child you will be asked to leave the gym.
6. Students should not show up for practice more than 15 minutes early and should be picked up immediately after workout.
7. The coach may decide to cancel any practice immediately after a competition.
8. The coach may decide to cancel any practice immediately prior to competition.

Special Note Parents: Do not use practice as a disciplinary tool.

E. Competitions

1. Gymnasts must
 - a. attend competitions that the coach designates, at the level the coach has designated the athlete.
 - b. arrive at the competition at the time designated by the coach.
 - c. stay through awards ceremony.
 - d. be courteous to all participants, spectators, judges, and staff at competition.
 - e. If a gymnast does not attend a meet that the coach has designated, the family will still be responsible to pay their portion of the coach's fees
 - f. If you do not have your tuition or your team expenses paid you will not be allowed to compete.
2. Travel
 - a. Parents are responsible for transportation of their athletes to all meets.
3. Supervision
 - a. Gymnasts will be returned to their parent/guardian immediately following competitions or exhibitions, unless otherwise notified by the coaching staff.

- b. At overnight stays all gymnasts must have a parent/guardian staying in their hotel room.
- c. Members of Team Sun Country may not stay with coaches or staff of Team Sun Country.

II. Schedule

- A. Summer Practices
 1. Practice schedules will usually be available by May 1st and will begin within one week of public school ending
- B. Fall Practices
 1. Fall practice schedules will available July 1st and begin the week public school begins.

III. Competitions

- A. Attendance at competitions is mandatory. All team members will split expenses whether they compete or not.
- B. The competitive season is from September – May depending on level competing.
- C. Our goal in choosing competitions is to find those that offer the best value and are the most competitive for our athletes and teams.
- D. Coaches may add additional competitions once the calendar is set.
- E. Coaches will decide what competitions the team will attend and what events and level athletes will compete.
- F. Any monies awarded through the competition season will be placed in the “coach’s fund”. Money in the coach’s fund will be used to enhance the Team Sun Country program throughout the season at coach’s discretion and with the approval of Sun Country management.
- G. Gymnasts may be required to attend exhibitions scheduled during the season. Coaches will provide ample notice.
- H. Girl’s developmental athletes do not compete until they get to Developmental/Level 3.
- I. Boy’s developmental athletes do not compete.

IV. Booster Club and Fundraising

- A. Participation in the booster club is mandatory for all competitive athletes but active fundraising is optional.
 1. The booster club members will elect board members
 2. A Sun Country staff member will serve as Vice President of the Booster Club.
- B. Booster Club responsibilities:
 1. Read and adhere to the by-laws of the Sun Country Booster Club.
 2. Organize fundraisers to defray the cost of competitive gymnastics.
 3. Assist in supporting the team, building team camaraderie, and organize group events as a TEAM! We may ask for volunteers to help host events and meets.
 4. Organize the holiday party, end-of-year banquet, and gifts for the gymnasts and coaches as needed.
- C. Booster Club dues must be paid in full before any gymnast is allowed to compete.

V. Communication

- A. Team Sun Country is committed to providing excellent communication.

We will accomplish this through:

 1. monthly newsletters.
 2. email.
 3. handouts into each gymnast’s personal folder.
 4. gym bulletin board.
 5. Team Sun Country website which will be linked to www.suncountrysports.com.
- B. It is the parent’s responsibility to stay informed once information has been distributed.
- C. Coaches are unavailable to discuss your questions while they are coaching practice.

1. If you have any questions concerning your child's training, please contact the head coach. You may address your concern to team@suncountrygymnastics.com and we will make sure it gets to the correct coach.
 2. If you have any questions concerning Sun Country or our policies, please contact Linda Bennett at linda@suncountrygymnastics.com.
- D. As a parent you may not agree with every decision. Please remember the coaches and staff members of Sun Country make decisions that will be in the best interest of the program as a whole.

VI. Payments

Parents of Team Sun Country members must pay necessary tuition, team assessment fees, league membership fees, uniform, choreography, entry fees, and coaches fees when due.

- A. All Sun Country athletes must be members of Sun Country. This is a \$60 annual family membership fee.
- B. Tuition is a three-tier payment program. Pay your tuition between the 1st and the 5th of the month to receive the lowest rate. Tuition is the same each month regardless of how many weeks there are in a month. Consider becoming an auto bill customer and never have to pay the higher rate. Siblings will receive a 10% discount on tuition. Please refer to your team schedule sheets for your tuition rates.
- C. Refunds will not be given in the event of expulsion from team or team member quitting.
- D. Refunds will not be given for missed practices.
- E. Team assessment fees are due annually. This assessment covers the cost of repairing or purchasing new equipment, coach's education and clinics and other expenses that are incurred by the team.
 1. The team assessment fee for developmental team students will be \$100 annually.
 2. The team assessment fee for competitive team students will be \$125 annually.
 3. Siblings will receive a 25% discount off of their lowest priced team assessment fee.
 4. For the 2008 competitive season team assessment fees are due by July 1st.
- F. League membership fees are due annually. These fees are set by the organization for which your child competes. Your coach will inform you of which organization you need to be a member. Currently we compete for USA Gymnastics.
- G. Uniforms:
 1. Girls
 - a. Competitive leotard ~\$90-\$140
 - b. Competitive warm up ~\$90-\$160
 - c. Team bag ~\$50
 - d. Briefs/sports bra ~\$30-\$40
 - e. Slides ~\$20-\$30
 2. Boys
 - a. Competitive shirt/shorts/pants ~\$120
 - b. Competitive warm up ~\$90-\$160
 - c. Socks ~\$10
 - d. Team bag ~\$50
 - e. Slides ~\$20-\$30
- H. Choreography and music
 1. Choreography is paid directly to the team choreographer and can range from 75.00-\$350 per routine. We expect all gymnasts to use our gym choreographer.
 2. The purchase of floor music is the family's responsibility; however your coaches will help you in the selection of music. You will need to have a copy made and left in the gym.

- I. Competition Fees- vary per competition
 - 1. Competition fees will be paid in three installments. This amount will be on your competitive calendar.
 - 2. Payments are to be paid to Sun Country by cash, check, credit or debit card before gymnasts can compete.
 - 3. Entry fees will be disclosed once the competitive schedule is determined.
Competitions also charge spectator fees at the door.
 - 4. Coaches fees include some or all of the following, based on the competition:
 - a. Coaches travel: gas allowance of \$.50 per mile (based on fed rate), tolls, hotels, rental car expenses + gas, and/or airfare
 - b. Meals: \$40 per day maximum (\$10 breakfast, \$10 lunch, \$20 dinner)
 - c. Competition coaching fee: \$50 per session, \$75 per session for capital cup or \$150 max pay per day. When coaches attend meets they will never be paid less than their earnings at Sun Country. Each meet will be considered individually.
- J. In the event a gymnast leaves or is dismissed from the team, competition refunds will only be given if Sun Country can secure a refund from the host of the competition. Coach's fees will not be refunded.
- K. Private lessons: \$42 per hour for 1 child. These are approved by your head coach and scheduled individually. This rate may change as needed.
- L. Gymnastics Camps
 - 1. Sun Country Team Camp will usually be scheduled for the last week in June.
 - a. All team members are expected to attend the Sun Country Team Summer Camp.
 - b. There will not be any regular workouts during the week of summer camp.
 - c. July team tuition will be pro-rated for all team members who attend Sun Country's team camp.



Medical Treatment Release Form

Every year each team member must have an updated "Medical Treatment Release Form" filled out and signed. These forms allow coaches, instructors, and staff members to authorize any medical emergency treatment. Please return your form to the office before your child's first practice.

I _____ do hereby grant permission for my child, _____,
To travel and participate in competitions, exhibitions, practices, tours and/or activities with Sun Country Sports Center, Inc., coaches, their staff or assistants. I also not only grant permission for, but also encourage ANY necessary emergency medical treatment that may be required during these activities.

Signature of Parent/Guardian

Home phone number

Cell phone number and/or pager

Work phone number of mother and or father

Contact if unable to reach parent:

Emergency Contact's Name: _____

Emergency Contact's Phone Number: _____

Preferred Doctor: _____

Preferred Doctor Phone number: _____

Preferred Hospital: _____

Preferred Hospital phone number: _____



2008 / 2009 Team Sun Country Registration Contract

Name of Athlete: _____

Date of Birth: _____

Please print clearly

E-mail address of Mother: _____

E-mail address of Father: _____

E-mail address of Athlete: _____

Please send all e-mails to (circle one): mother father both

Mother's Cell: _____ Father's Cell: _____ Athlete's Cell: _____

Earliest Time athlete can be at practice in the Fall: _____

I have read and understand all of the information in the Team Manual and agree to follow all written rules and policies stated within. I have shared all information with my child so he/she can follow the rules and policies as well.

I have read and agree to uphold the Triangular Agreement. I have gone over the responsibilities of the athlete with my child.

I understand that my child cannot practice/compete until I return the completed medical release form and Release of Liability Waiver.

I understand that pertinent information is put in my team folder as well as e-mailed and agree to check both on a regular basis.

Parent Signature

Date

Check one Box

____ **YES, I allow Sun Country to release my name, address, phone, and email to the Booster Club.**

____ **NO, I do not want Sun Country to release my name, address, phone, and email to the Booster Club.**

Office Use Only

Please check when turned in

___ Sun Country Registration ___ Medical Release

___ Triangular Agreement