

Team Handbook 2009-2010



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Team Sun Country

Manual- 2009/2010

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 gymnastic and/or tramp and tumble. Competitive sports are a year-round commitment. Athletes will learn fundamental skills that will benefit them far beyond their gymnastics and/or tramp and tumble 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/insurance liability form.
 - e. 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 the Team Leader.
2. Sun Country requirements may differ from league requirements.

C. Commitment Policy

1. When athletes join Team Sun Country, they have committed to a year round program.
2. Any athlete 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, uniform, or competitive expenses.

D. Practices

1. Practices are mandatory. Athletes 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 tardiness 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 the athlete not competing. Leaving workout early will be considered an absence.
 - 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. Athletes 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. Optional female athletes should bring sneakers for running daily.
 - f. The gym does not provide athletic tape.
4. Vacations from SC 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, or shorten any practice immediately prior to or after a competition.

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

E. Competitions

1. Athletes must
 - a. Attend all 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 the entire awards ceremony.
 - d. Be courteous to all participants, spectators, judges, and staff at competition.
 - e. Athlete that do not attend a required meet, are still responsible to pay their portion of the coach's fees.
 - f. All gym fees must be paid before you are allowed to compete.
 - g. Optional gymnasts are responsible for bringing their own FX music to meets.
2. Parents are responsible for transportation of their athletes to all meets.
3. Supervision
 - a. Athletes will be returned to their parent/guardian immediately following competitions or exhibitions, unless otherwise notified by the coaching staff.
 - b. At overnight stays all athletes 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

Summer Practices will begin within one week of public school ending.

Fall Practices will usually begin the week public school begins.

C. Spring Practice will usually begin the Monday after Winter Break.

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. Athletes may be required to attend exhibitions scheduled during the season. Coaches will provide ample notice.
- H. Girl’s Developmental/Level 3 athletes will compete.
- I. Boy’s developmental athletes do not compete.

IV. Competition Fees

- A. Competition fees will be paid in installments. This amount will be on your competitive calendar.
- B. Payments are to be paid to Sun Country by auto-pay, cash, check, credit or debit card before gymnasts can compete.
- C. Coaches fees include some or all of the following, based on the competition:
 - 1. Coaches travel: gas allowance of \$.50 per mile (based on fed rate), tolls, parking, hotels, rental car expenses + gas, and/or airfare
 - 2. Meals: \$40 per day maximum (\$10 breakfast, \$10 lunch, \$20 dinner)
 - 3. Competition coaching fee: \$50 per session, \$75 per session for capital cup.
 - 4. When coaches attend meets they will never be paid less than their earnings at Sun Country. Each meet will be considered individually.
- D. In the event an athlete 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.
- E. Competitions also charge spectator fees at the door and may charge parking fees..

IV. Booster Club and Fundraising

- A. Participation in the Booster Club is mandatory for all competitive athletes but 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 athlete is allowed to compete.

V. Communication

- A. Team Sun Country is committed to providing excellent communication. We will accomplish this through:
 - 1. newsletters
 - 2. email
 - 3. gym bulletin board
 - 4. Team Sun Country website www.teamsuncountry.com 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 Team Leader. 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. If this should change you will be notified.
- 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. Become an auto bill customer and ALWAYS be guaranteed that you are paying the lowest possible tuition. 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 or credits 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 \$150 annually. A portion of this fee will be put towards expenses for athletes that qualify to regional or national competition and whose families volunteer to work at all home meets. (currently Teddy Bear and Gator Swamp) Families that do not volunteer at both of these meets will not receive any portion of these fees.
 3. Siblings will receive a 25% discount off of their lowest priced team assessment fee.
 4. For the 2009-10 season, team assessment fees are due by July 1st.
- F. League membership fees are due annually and paid to Sun Country. 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 all teams 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
 - f. Sneakers for optional athletes
 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 for optional gymnasts
 - 1. Choreography is paid directly to the choreographer and can range from 75.00-\$350 per routine.
 - 2. We expect all athletes to use the choreographer chosen by the Team Director.
 - 3. 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. Please keep your original in your gym bag for competition.
- I. Private lessons: The gym currently charges \$42 per hour for 1 athlete and \$22 per half hour for 1 athlete.
- J. Any team member may add an additional recreational Sun Country class for a 30% discount off our regular rate.

VII. Team Summer Camp

- 1. Sun Country Team Camp will usually be scheduled for the last week in June.
 - 1. All team members are "expected" to attend the Sun Country Team Summer Camp.
 - 2. There will not be any regular workouts during the week of summer camp. Credit will not be given if you do not attend camp.
 - 3. 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 next 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: _____



2009 / 2010 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: _____ School: _____

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 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.

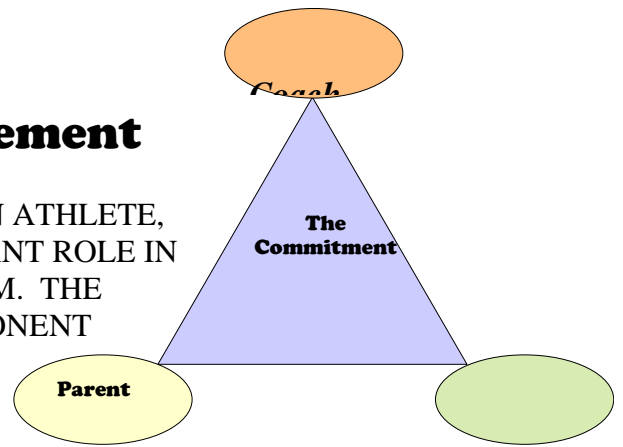
Office Use Only

Please check when turned in

Sun Country Registration Medical Release

Triangular Agreement

A TRIANGULAR AGREEMENT EXISTS BETWEEN ATHLETE, COACH, AND PARENT. EACH HAS AN IMPORTANT ROLE IN THE DEVELOPMENT OF A CHAMPIONSHIP TEAM. THE FOLLOWING DEFINE EACH IMPORTANT COMPONENT OF THE TRIANGLE.



THE ATHLETE

The athlete is a mentally and physically strong person. Mental characteristics include great motivation, dedication, discipline, self-confidence, and positive attitude both in *and* out of the gym. Physical attributes include above average strength and flexibility, quickness and ability to control body movements. All personal problems will remain out of practice, as this will only enhance the positive environment of our program.

THE COACH

The coach has the technical knowledge of skill development along with training and performance techniques. The staff is qualified in their field of and is committed to the program. Each coach strives to enhance and increase their knowledge through continued training and education to train athletes to the best of their ability. The coach must demonstrate patience, enthusiasm, ethical standards, must listen and advise, and correct or direct the athlete throughout their learning process.

THE PARENT

The parent accepts the challenges and the values the sport has to offer their child. The parent must accept and acknowledge financial obligations and time commitment. The parents should be supportive and encouraging to the athlete, as well as to the other team members, the coaches, and the program in general. Major questions or concerns should be submitted directly to the coach, not to the child or other parents. Parent communication is a must with the coaches and under no circumstances should there be bad mouthing of other children on the team, parents, coaches, or the program in general.

THE THREE COMPONENTS TOGETHER CREATE THE COMMITMENT-

The commitment is the determining factor in the success of the program. Each athlete commits to attend all practices in/and outside of the gym, work on a daily basis with conditioning or areas of weakness. **Conditioning and flexibility at home prevents chances of injury.** Safety is important and should be the determining factor during practice at the gym and outside of the gym.

COACHES

- Agree to maintain a high coaching standard by staying abreast of the latest coaching and safety approved techniques and performance styles. All coaches are CPR and safety certified.
- Agree to take a personal interest in each athlete and family by keeping open communication between program, staff, athlete, and parents.
- Agree to provide supervision at practice, competitions, exhibitions, etc.
- Agree to determine team eligibility by setting qualifications concerning skills, attitude, and physical fitness, while giving equal opportunity to each athlete.

ATHLETE

- Agrees to follow all directions, rules, and instructions from the staff.
- Agrees to work hard in practice, maintain a positive attitude, and condition to improve performance and reduce chance of injury.
- Agrees to maintain a positive, competitive attitude, to stay focused, to work toward development of team, to cooperate and to demonstrate a high standard of conduct as a representative of Team Sun Country. This includes outside private functions (i.e. smoking, drinking, drugs, and other like things are prohibited).
- Agrees to wear proper attire to all events and practices, to be on time to all practices, competitions, and exhibitions.

PARENT

- Agrees to discuss any and all major problems or concerns related to the program, coaches, athletes, or other parents directly to the staff and not to publicly air their grievances, should any arise. This behavior could result in parental dismissal from the gym.
- Agrees to accept coach's decisions as final and in the best interest of all parties.
- Agrees to pay all fees incurred by, or on behalf of the athlete (including, but not limited to tuition, entry fees, travel costs, uniforms, transportation).
- Understands that there will be no refund given on money paid in for future expenses, due to quitting or being dismissed from the team.
- Agrees to take care of any unpaid debts (i.e. uniform, warm-ups, etc) in the event of an athlete quitting or being dismissed from the team.
- Agrees to support practices, competitions, and exhibitions.
- Agrees to demonstrate "TEAM SPIRIT" by giving moral support to the program, staff, and to the team(s). This includes being courteous to other teams we compete against.
- Agrees to attend all scheduled parent meetings and be involved with the Booster Club.