



**Gymnastics &
Tramp and Tumble Manual
2010-2011**

Sun Country Sports Center

4010 NW 27th Lane
Gainesville, Florida 32606
Phone: (352) 378-8711
Fax: (352) 377-5020

333 SW 140th Terrace
Jonesville, Florida 32669
Phone: (352) 331-8773
Fax: (352) 332-9810

Sun Country Website: www.SunCountrySports.com
Team Sun Country Website: www.TeamSunCountry.com
Facebook: www.facebook.com/pages/Team-Sun-Country

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 require a year-round commitment. Athletes will learn fundamental skills that will benefit them far beyond their gymnastics and/or tramp and tumble careers; these additional skills include self-discipline, teamwork, and time management. With the support of your family, this will be yet another successful season.

The decision to join Team Sun Country is a big one and is a commitment to the team for an entire year. Team members do not move on and off the team. You are either on the team or off the team!

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.

We are so happy you are here!

Commitment Policy:

Sun Country and the Team Sun Country coaching staff believe that participating in this sport will help show your child the importance of commitment. We will all be committed to program, team, and self as our basic philosophy. We believe in the importance of developing character as well as developing skills. When an athlete joins the team, it is a commitment for the duration of the year, (June – May) not just the competitive season. Please do not use Sun Country as a punishment for your child. It is important that each athlete be at practice and at each event. **No refunds, for tuition, team assessment fees, or competitive expenses, will be given in the event of an expulsion, a member quitting, or the end of the year.**

Communication:

Please check your email, our Team Sun Country Facebook page or our team website, (www.teamsuncountry.com) to stay informed. Also check your child's folder, which is located by the front desk. If you ever have concerns, please do not hesitate to contact your coach, the program director, gym management, or owner. Questions should be addressed before or after practice, or via email. It is our desire to keep you informed and up to date on what's happening at Sun Country. As a parent, you may not always agree with every decision made, but please remember that we make decisions as to what is best for the program, the team and the athlete. Discouraging remarks (whether directed towards self, a coach or another gymnast) are grounds for dismissal from practice and possibly from the team. Coaches may not be pulled out of practice for parent meetings. **If you are happy tell a friend, if not please tell us!**

Attendance Policy:

Please be at practice and be on time! If you know in advance that your child will be absent, please notify your team's head coach by calling or via email. This will help coaches plan practice in advance. The coach reserves the right to refuse or accept any particular excuse. Practices two weeks prior to a competition are extremely important. Absences during this time frame may result in removing your child from competition.

Excusable absences are as follows:

- Sickness (fever, vomiting)
- Family emergency
- Pre-approved participation in a school related function.

All competitions, camps, and clinics that your coach chooses are mandatory. If we offer Ballet it is expected that you will attend the class. You have your workout and competition schedules well in advance. Please plan accordingly.

Attendance at Team Sun Country summer camp is mandatory. This camp usually falls on the last week in June. You may prepay for this camp throughout the year instead of waiting until the last minute. Early pay discounts will be given. There will be no regular gym workouts the week of summer camp.

Athletes with minor injuries are expected to participate in workouts and gym activities. It is often possible to work around injuries and increase flexibility and strength, while working on specific events and skills.

Team Rules:

- Always be prompt, prepared, and focused at practice. Always give your best effort and try your hardest.
- Be responsible and respectful – negative behavior will not be tolerated! Negative behavior in or out of uniform will be grounds for immediate suspension and/or removal from the team. Being respectful also means following the rules both in and out of the gym. You are expected to behave with good sportsmanship at all competitions. Treat EVERYONE the way you want to be treated!
- Be safe - any athlete who chooses to disregard established safety procedures may be asked to sit out.
- Athletes must be in direct supervision of a coach to enter the facility or be on any equipment at any time. Nobody is allowed in the gym without a coach!
- Cell phones must be turned off or placed on silent during practice.
- Pull your weight on the team – make every attempt to be at team fundraisers, meetings, community service events, practice, etc. Pitch in to help the team!
- Please be cautious when posting videos or photos on facebook or MySpace. When you post videos or pictures of you or your teammates in uniform you are representing our program. If you need to ask if it's questionable – then don't post it!
- Carry out all assignments and conditioning to the fullest.
- Help keep the gym clean. Throw away your tape, pre-wrap, snack wrappers and drink containers.

Dress Code

Practice:

- No jewelry allowed at anytime.
- Hair must be pulled back in a ponytail and out of your face at all times.
- Nails are to be cut short.
- Leotards must be worn without shorts (this pertains to girls only); no unitards. Sports bra if necessary.
- Grips, tape and any athletic devices should be put away when you are done with practice.

Competition:

- Jewelry, hair, and nails as per practice (above).
- Full uniform is required for competition and awards. Proper undergarments for all athletes.
- Keep all grips, tape and athletic devices with you at all times.
- If your routine requires music, you are responsible for your own floor music during competition.

Parent and Relative Rules:

- Good sportsmanship and polite manners are mandatory in the gym and at all competitions. Please obey the venue's rules regarding not saving seats, videotaping, etc. Remember, both athletes and parents represent our program and teams. High standards are expected!
- Please do not coach your child from the viewing area. Cheer them on, but please don't distract them.
- Please do not pull your child out of practice or competition if you aren't happy with their performance. Discuss it with the coach afterwards.
- If fees are not paid on time your athlete will not be allowed to participate in practice.
- If you share custody with another parent, please make sure this doesn't prevent your child from full participation in the program.
- Conversations in the parents' room are to be kept positive. Please do not compare your child with others. Please be respectful of the team, the other parents in the room and the gym. Talking negatively to other parents about our program or coaches in our facility **will not be tolerated**. If we feel the discussion is not positive we will ask you to leave.
- Each athlete must have a chaperone at every competition. **It is not your coach, or the coaching staff's responsibility to be your child's chaperone or to arrange one for you.**

Booster Club:

The Booster Club is a parent run organization set up to support the athletes, coaches, and our program. The Booster Club will assist in the organization of fundraisers, team parties, and community service events. If you have any ideas, please feel free to attend their meetings. Annual booster club fees are due July 1st and are currently \$50 per family. This amount is paid to Sun Country.

Competitive Team Placement:

The head coach of each team will decide the best placement for your child. Although age is a factor in team placement, children of the same age may be placed on different teams due to their skill level. Mobility through the levels can only be achieved when a high level of proficiency has been demonstrated at your current level, and the potential for a high level of proficiency in the next level is apparent. Placement is handled individually; please don't compare your child's progress or performance with other parents or athletes. Each athlete is an individual and will achieve success at their own pace.

Tuition:

All athletes must be members of Sun Country. This is a \$60 annual family membership fee.

- Tuition is the same each month regardless of how many weeks there are in a month. Refunds will not be given when you miss due to personal reasons, competition or gym closings. Tuition fees and workout schedules are subject to change.
- **All ATHLETES must be Auto Pay. An Auto-Pay customer is defined as someone paying by automatic withdrawal from their checking, savings, or credit card. All accounts will be drafted on the 1st of the month. If your card is declined and/or payment has to be collected after the 5th of the month you will be charged an additional \$25 late service fee on top of any returned check fees.** Note: Sun Country charges \$25 for any insufficient funds on checks and/or EFT payments
- *Exceptions to Auto Pay will be given if payments are made 3 months in advance.*
- Siblings will receive a 10% discount on tuition.
- Team assessment fees are due by July 1st of each year and are non refundable. 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. The team assessment fee for developmental team students will be \$100 annually. The team assessment fee for competitive team students will be \$150 annually. These fees are non refundable.
- League membership fees are due annually and paid to Sun Country. These fees are set by the organization for which your child competes. Completed forms are due to the gym in a timely manner.
- Any team member may add any additional recreational Sun Country classes for 30% off of the regular rate.

Competitive Expenses:

- Competitive uniform
 - Girls: leotard, warm up jacket and pants, proper undergarments, sandals or slides, team bag
 - Boys: shirt, shorts, pants, warm up jacket and pants, sandals or slides, team bag
- Registration Fees will cover the athlete's entry into all competitions.
- Coaches' fees at competition include the following:
 - Driving expenses - \$0.50 per mile (or federal guidelines) or car rental plus actual gas purchase (whichever is less expensive and easier for the coach)
 - Flights if necessary
 - Meals - \$40 per day maximum (\$10 breakfast, \$10, lunch, \$20 dinner)
 - Competition coaching fee - \$50- \$75 per session based on the length of each session; coaches will never be paid less at a competition than they would be paid at the gym.
 - Hotel - as needed depending on the competition.
- Choreography & Music Fees are paid by the parents to the gym choreographer. This is usually done annually.

Payment Plans –

Total expenses for the fall competitive season will be broken up into 6 payments due with your monthly tuition from July – December. All athletes on each team pay the same amount whether you attend a particular meet or not.

Girls Level 2 competitive expenses: \$60 a month for 6 months

Girls Level 3 competitive expenses: \$75 a month for 6 months

Girls Level 4 competitive expenses: \$125 a month for 6 months

Girls Level 5 & 6 competitive expenses: \$125 a month for 6 months

Total expenses for the spring competitive season will be broken up into 6 payments due with your monthly tuition from October - March. All athletes on each team pay the same amount whether you attend a particular meet or not.

Girls Optionals competitive expenses: \$250 a month for 6 months

Boys Compulsory and Optional competitive expenses: \$135 a month for 6 months

Tramp and Tumble competitive expenses: \$135 a month for 6 months

Expenses for Regional and National competitions are not included in the above payment plan and will be billed separately. It is expected that all coaches will go these competitions.

Payments for competitive fees are non refundable.

Other Expenses:

Personal Travel Fees –

In addition to the competitive expenses listed above, there may be some spectator fees and parking fees for you individually. These vary per competitions. Your personal travel fees are paid on your own as well as your own personal hotel rooms.

Hotel Fees –

Hotel fees will vary from competition to competition. Hotel information will be given as soon as we have it. It is your responsibility to book your hotel room for each competition.

- Hotel supervision during overnight competitions are as follows:
 - Each hotel room must have a supervising adult staying in the hotel room. Your team's head coach must know in advance who is in charge if it is not the parent.
 - No members of the opposite sex may stay in the same room with an athlete, other than relatives.



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 has their first competition.

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

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: _____



2010 / 2011 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 or father

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

Earliest Time athlete can be at practice: _____ School 2010: _____

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 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 either put in my team folder, posted on our Facebook page, our Team Sun Country page, or e-mailed and I agree to for information 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 Team Registration

Medical Release