

**SGC**  
**GYMNASTICS**  
**COMPETITIVE TEAM**  
**PARENT HANDBOOK**

## **INTRODUCTION**

### **TO OUR NEW FAMILIES:**

First I want to welcome you to SGC's Pre Team and competitive team levels. It's important to us that you read through all of this information packet simply to know the choices and options you have, if you decide you would like to pursue having your child/children get more involved in this sport. We have gone out of our way to increase hours, commitment, and financial obligation in a balanced and measured approach. This way you always know well ahead of time what options you have if your child/children continues to move up through the levels. If you get to a commitment level and budget that works well for your family, you are not required or obligated to move beyond that. However, we have laid out what would come next and what would need to happen if that is of interest for you. Our goal is to have our athletes become confident competitors while enjoying their experience. Our emphasis is on the awards that come from learning to create personal bests that focus on improvement as well as being consistent and competitive within these levels.

### **TO OUR VETERAN COMPETITIVE FAMILIES:**

First, I would like to say thank you continuing to allow us to train your child/children. We have laid out what our levels consist of, what the gymnasts need to be able to accomplish, and clear parameters for moving up. We are doing this to give you, as the parent/guardian and your athlete the exact guidelines needed to move through the levels. We need to represent as a cohesive team and for that we need all of our members present throughout the entire season, especially at the higher levels. We are putting the packet out now so that there are no surprises moving forward and there will be time to budget accordingly. Some years depending upon if we have varying levels we will do evaluations to make sure we are in the best place for a successful season. For 24/25 we will not be needing evaluations as move ups are already set.

### **SKILL PROFICIENCY AND THE LEVELS:**

Xcel scoring works best with a very simple routine. The routines will consist only of what the basic requirements are and nothing more. To that end our routines that we will perform will only represent those skills that are simple to execute that the athlete can perform with ease & can also perform multiple times to the highest possible degree. The skill set worked will include harder skills and we will only put those skills in when an athlete demonstrates the consistency necessary. If we upgrade to a harder skill within the meet season, and for any reason we believe going back to an easier skill will make for the best result, then we will do that. The athlete does not pick the routine content. The coaches and the gym does.

## GENERAL INFO FOR MEETS

**1.OUR HOME MEETS ARE ALWAYS ON SUNDAYS\* 4 TIMES PER YEAR.**

(\*FOR THOSE FAMILIES WHO HAVE RELIGIOUS SERVICES ON THAT DAY, MANY FAMILIES HAVE BEEN ABLE TO CHANGE THEIR DAY OF WORSHIP TO ANOTHER DAY THAT WEEK AS WE ONLY HAVE 4 PER YEAR TOTAL SO THEIR CHILDREN CAN PARTICIPATE.)

**2.THE SPRING MEETS ARE USUALLY IN PORTLAND OR EUGENE AND WE CAN BE SCHEDULED ON A FRI, SAT, OR SUN. WE DO NOT HAVE CONTROL OF THIS. ON MEET WEEKENDS PLEASE LEAVE THE ENTIRE WEEKEND OPEN. PLEASE ARRIVE 30 MINUTES PRIOR TO OPEN WARM UP TIME.**

**3.MEETS USUALLY TAKE A MINIMUM OF 3.5 HOURS WITH AWARDS DIRECTLY AFTER. ALL ATHLETES ARE TO STAY UNTIL AWARDS ARE OVER. COMPETITION LEOTARDS OR WARM UPS MUST BE WORN WHILE UP ON THE PODIUM OR IN ANY PICTURES.**

**4.STATE MEET IS RIGHT AFTER SPRING BREAK SO PLEASE DO NOT PLAN VACATIONS THIS TIME OF YEAR. WE PUT OUR ENTIRE SEASON OUT WITH DATES BY SEPT, SO IF YOUR CHILD HAS ANOTHER SPORT THAT CONFLICTS OR A VACATION IS PLANNED, YOUR CHILD MAY NOT END UP ELIGIBLE GO TO STATE AFTER ALL OF THEIR HARD WORK SO PLEASE BE MINDFUL OF THE SCHEDULE. IF YOUR CHILD IS PLAYING MULTIPLE SPORTS YOUR CHILD MUST BE AT PRACTICE AT LEAST 70% OF THE TIME, AND IF YOUR CHILD MISSES MORE THAN 1 PRACTICE ON A MEET WEEKEND YOUR CHILD MAY NOT BE ABLE TO COMPETE. THERE WILL BE NO REFUND FOR THIS.**

**5.ONCE THE SPRING MEET MONEY HAS BEEN SENT OFF WE CANNOT GET THAT MONEY BACK FOR ANY REASON. THIS IS A USA GYMNASTICS RULE, NOT OURS. DURING THE WINTER THERE MAY BE A MEET CANCELLED DUE TO SNOW.THIS WILL ALSO NOT BE REFUNDED. THAT DOES NOT HAPPEN OFTEN THANKFULLY BUT WE WANT TO MAKE EVERYONE AWARE OF THE POSSIBILITY.**

**6.ROUTINES WILL BE STARTED BY JULY 15. THEY ARE IMPORTANT TO START AS EARLY AS POSSIBLE AND THE ROUTINE MUST BE PAID FOR IN ADVANCE TO THE CHOREOGRAPHER TO START BOOKING TIME. FOR PRE TEAM THE ROUTINES ARE ALREADY DONE AHEAD OF TIME AND WE WILL BE TEACHING THE CHILDREN AS WE GO. FOR BRONZE AND SILVER, THERE WILL BE ONE ROUTINE THAT ALL GIRLS WILL LEARN. 1ST YEAR GOLD WILL HAVE 2 ROUTINES THE COACH WILL CHOOSE FROM AND 2ND YEAR GOLD AND UP WILL HAVE INDIVIDUAL ROUTINES THAT MAY REMAIN IN USE FOR 2 YEARS.**

**7.FOR SPRING MEETS ONLY, YOUR CHILD WILL NEED TO HAVE A USA GYMNASTICS ATHLETE MEMBERSHIP. THIS WILL BE DONE THROUGH AN EMAIL YOU SUBMIT AND SHOULD BE DONE BY AUG 15TH. THIS FEE DOES NOT GO THROUGH US BUT INSTEAD GOES STRAIGHT TO USA GYMNASTICS. THIS IS AN ADDITIONAL FEE YOU WILL BE RESPONSIBLE FOR.**

## TRAINING SCHEDULE AND MONTHLY TUITION

\*TUITION INCREASE FOR 2024 WILL HAPPEN APRIL 1 AS WE DID NOT INCREASE TUITION IN SEPT 2023 ALONGSIDE EVERY OTHER PROGRAM. MOVING FORWARD, ANY TUITION INCREASE WILL TAKE PLACE IN APRIL OF EACH YEAR. DANCE CLASSES WILL END APRIL 1.

### TRAINING SCHEDULE & FEES

**PRE TEAM:** 2HRS/WEEK \$130 | 4HRS/WEEK \$190  
1 OR 2 DAYS PER WK 2 HR PRACTICES  
MON 5:30-7:30 | WED 5:30-7:30 OR BOTH

**BRONZE:** 3HRS/WEEK \$157 | 6 HRS PER WEEK \$197  
1 OR 2 DAYS PER WK 3 HR PRACTICES  
TUE 5-8 | FRI 5-8 (OR BOTH)

**SILVER:** 6HRS/WEEK \$197 | 8HRS PER WEEK \$215  
2 or 3 Days/wk | 2 Days 3hrs + 1 Day 2HRS  
TUE 5-8 | FRI 5-8 + WED 6:30-8:30 (IF DESIRED)

**GOLD:** 9.5HRS/WEEK \$225  
3 Days /wk | 2 Days 3.5hrs + 1 Day 2.5hrs  
MON 6-8:30 | TUE 5-8:30 | FRI 5-8:30

**PLATINUM+:** 11.25HRS/WEEK \$240  
3 DAYS/WK for 3.75 HOURS  
MON/TUE/FRI 5-8:45

## **PRE TEAM: LEVEL 2** **COMPETITION REQUIREMENTS/SEASON FEES**

\*\*\*ONLY 2 MEETS ARE MANDATORY PER YEAR, HOWEVER ALL 4 ARE ENCOURAGED.

MEET SCHEDULE : \$85 PER MEET : HOME MEETS ARE ALWAYS ON SUNDAYS

1. BOO FEST: OCT 20TH
2. WINTER WONDERLAND: DEC 15TH
3. SNOWFLAKE INVITATIONAL: JAN 12TH
4. SPRING FLING: MAR 16TH

### UNIFORM REQUIREMENT

1. Pre Team Leotard: \$75 \*Leos will be ordered in Aug & will not arrive until the Dec Meet. gymnast may wear the Leo of their choice until the Leos arrive.
2. Parent is to supply plain black, waist high brand new all cotton full length leggings.

### OPTIONAL

1. Catz Super Pack for Athletes \$115 (Personalized back pack, Hoodie, and Tumbler)
2. Parent t-shirt personalized: \$18 Hoodie: \$35

### FEE TIMETABLE & BREAKDOWN

\*You may pay ahead of time or in higher amounts but these are the minimum amounts due by the set dates. The amounts are in addition to your monthly tuition fees. Tuition will be taken off the card on file on the 1st of the month and season fees on the 20th.

PACKAGE #1: Total team Fees: Half Year: \$310 Full Year: \$480

Fee Breakdown:

Coach fees/Dues:	\$65	Half Year	\$65	Full Year
Leotard:	\$75	Half Year	\$75	Full Year
Home Meets	\$170	#1&2 (or) #3&4	\$340	#1,2,3,4

Payment and Breakdown Schedule:

Half year: 5 Payments of \$62 Due Dates: July 22, Aug 22, Sept 22, Oct 22, Nov 22

Full year: 5 payments of \$96 Due Dates: July 22, Aug 22, Sept 22, Oct 22, Nov 22

### MOVING UP REQUIREMENTS: TO HAVE THE OPPORTUNITY TO MOVE TO BRONZE

1. MUST HAVE AN AVERAGE 34AA FOR ALL 4 MEETS
2. MUST SHOW SKILL & EMOTIONAL READINESS & COACH APPROVAL

## **BRONZE LEVEL**

### **COMPETITION REQUIREMENTS/SEASON FEES**

#### REQUIREMENTS:

1. ALL HOME MEETS ARE REQUIRED.
2. THE SPRING AWAY MEET SEASON IS REQUIRED
3. FLOOR/BEAM ROUTINE FEE REQUIRED: \$50
4. LEOTARD AND UNIFORM GEAR REQUIRED

#### UNIFORM REQUIREMENTS: \$326

1. Uniform/Gear includes Spring Meet Leo, backpack, personalized jacket, personalized hoodie water bottle, & bow. Leo will not arrive until the Jan meet. Gymnast may wear whatever Leo they would like until the competition Leo arrives.
2. Parent is to supply plain black, waist high brand new all cotton full length leggings.

#### OPTIONAL: Parents:

1. Parent t-shirt-personalized: \$18 Hoodie: \$35

#### FEE BREAKDOWN AND PAYMENT TIME TABLE: PACKAGE #2: Home & Away Meets

Coach fees & dues:	\$65
Routine/Choreo:	\$50
4 Home Meets at \$85:	\$340
3 Away Meets at \$160:	\$480
State Meet at \$160:	\$160
Uniform/Gear:	\$326 (see uniforms above)
Total:	\$1421

Total for the entire year: \$1421:

8 Pymts of: \$177.62 : Due Dates July 22, Aug 22, Sept 22 Oct 22 Nov 22, Dec 22, Jan 22, Feb 22

\*You may pay ahead of time or in higher amounts but these are the minimum amounts due by the set dates. The amounts are in addition to your monthly tuition fees. Tuition will be taken off the card on file on the 1st of the month and season fees on the 20th.

\*Please Note: All Fees are the best guesstimate based on previous season expenses, and are subject to change if an increase of any items occurs or vendors increase their pricing.

#### MOVING UP REQUIREMENTS: TO HAVE THE OPPORTUNITY TO MOVE TO SILVER

1. ALL HOME AND AWAY MEETS REQUIRED
2. MUST HAVE AN AVERAGE 35AA FOR THE SPRING SEASON
3. MUST SHOW SKILL & EMOTIONAL READINESS & COACH APPROVAL

## **SILVER LEVEL**

### **COMPETITION REQUIREMENTS/SEASON FEES**

#### REQUIREMENTS:

1. ALL HOME MEETS ARE REQUIRED.
2. THE SPRING AWAY MEET SEASON IS REQUIRED
3. FLOOR/BEAM ROUTINE FEE REQUIRED: \$50
4. LEOTARD AND UNIFORM GEAR REQUIRED

#### UNIFORM REQUIREMENTS: \$326

1. Uniform/Gear includes Spring Meet Leo, backpack, personalized jacket, personalized hoodie water bottle & Bow. Leo will not arrive until the Jan meet. Gymnast may wear whatever Leo they would like until the competition Leo arrives.
2. Parent is to supply plain black, waist high brand new all cotton full length leggings.

#### OPTIONAL: Parents:

1. Parent t-shirt-personalized: \$18 Hoodie: \$35

#### FEE BREAKDOWN AND PAYMENT TIME TABLE: PACKAGE #3: Home & Away Meets

Coach fees & dues:	\$65
Routine/Choreo:	\$50
4 Home Meets at \$85:	\$340
4 Away Meets at \$160:	\$640
State Meet at \$160:	\$160
Uniform/Gear:	\$326 (see uniforms above)
Total:	\$1581

Total for the entire year: \$1581:

8 Pymts of: \$197.62 : Due Dates July 22, Aug 22, Sept 22, Oct 22, Nov 22, Dec 22, Jan 22, Feb22

\*You may pay ahead of time or in higher amounts but these are the minimum amounts due by the set dates. The amounts are in addition to your monthly tuition fees. Tuition will be taken off the card on file on the 1st of the month and season fees on the 20th.

\*Please Note: All Fees are the best guesstimate based on previous season expenses, and are subject to change if an increase of any items occurs or vendors increase their pricing.

#### MOVING UP REQUIREMENTS: TO HAVE THE OPPORTUNITY TO MOVE TO GOLD

1. ALL HOME AND AWAY MEETS REQUIRED
2. MUST HAVE AN AVERAGE 35AA FOR THE SPRING SEASON
3. MUST SHOW SKILL & EMOTIONAL READINESS & COACH APPROVAL

## **GOLD LEVEL**

### **COMPETITION REQUIREMENTS/SEASON FEES**

#### REQUIREMENTS:

1. ALL HOME MEETS ARE REQUIRED.
2. THE SPRING AWAY MEET SEASON IS REQUIRED
3. FLOOR/BEAM ROUTINE FEE REQUIRED: \$150
4. LEOTARD AND UNIFORM GEAR REQUIRED

#### UNIFORM REQUIREMENTS: \$326

1. Uniform/Gear includes Spring Meet Leo, backpack, personalized jacket, personalized hoodie water bottle, & bow .Leo will not arrive until the Jan meet. Gymnast may wear whatever Leo they would like until the competition Leo arrives.
2. Parent is to supply plain black, waist high brand new all cotton full length leggings.

#### OPTIONAL: Parents:

1. Parent t-shirt-personalized: \$18 Hoodie: \$35

#### FEE BREAKDOWN AND PAYMENT TIME TABLE: PACKAGE #4: Home & Away Meets

Coach fees & dues:	\$70
Routine/Choreo:	\$150
4 Home Meets at \$85:	\$340
4 Away Meets at \$160:	\$640
State Meet at \$160:	\$160
<u>Uniform/Gear:</u>	<u>\$326 (see uniforms above)</u>
Total:	\$1686

Total for the entire year: \$1686:

8 Pymts of: \$210.75 : Due Dates July 22, Aug 22, Sept 22, Oct 22, Nov 22, Dec 22, Jan 22, Feb22

\*You may pay ahead of time or in higher amounts but these are the minimum amounts due by the set dates. The amounts are in addition to your monthly tuition fees. Tuition will be taken off the card on file on the 1st of the month and season fees on the 20th.

\*Please Note: All Fees are the best guesstimate based on previous season expenses, and are subject to change if an increase of any items occurs or vendors increase their pricing.

#### MOVING UP REQUIREMENTS: TO HAVE THE OPPORTUNITY TO MOVE TO GOLD

1. ALL HOME AND AWAY MEETS REQUIRED
2. MUST HAVE AN AVERAGE 35AA FOR THE SPRING SEASON
3. MUST SHOW SKILL & EMOTIONAL READINESS & COACH APPROVAL



## **PLATINUM & DIAMOND**

### **COMPETITION REQUIREMENTS/SEASON FEES**

#### REQUIREMENTS:

1. ALL HOME MEETS ARE REQUIRED.
2. THE SPRING AWAY MEET SEASON IS REQUIRED
3. FLOOR/BEAM ROUTINE FEE REQUIRED: \$200: FLOOR ROUTINES MAY BE KEPT 2 YEARS
4. LEOTARD AND UNIFORM GEAR REQUIRED

#### UNIFORM REQUIREMENTS: \$326

1. Uniform/Gear includes Spring Meet Leo, backpack, personalized jacket, personalized hoodie water bottle, & bow. Leo will not arrive until the Jan meet. Gymnast may wear whatever Leo they would like until the competition Leo arrives.
2. Parent is to supply plain black, waist high brand new all cotton full length leggings.

#### OPTIONAL: Parents:

1. Parent t-shirt-personalized: \$18 Hoodie: \$35

#### FEE BREAKDOWN AND PAYMENT TIME TABLE: PACKAGE #5: Home & Away Meets

Coach fees & dues:	\$70
Routine/Choreo:	\$200
4 Home Meets at \$85:	\$340
4 Away Meets at \$160:	\$640
State Meet at \$160:	\$160
<u>Uniform/Gear:</u>	<u>\$326 (see uniforms above)</u>
Total:	\$1736

Total for the entire year: \$1736:

8 Pymts of: \$217 : Due Dates July 22, Aug 22, Sept 22, Oct 22, Nov 22, Dec 22, Jan 22, Feb 22

\*You may pay ahead of time or in higher amounts but these are the minimum amounts due by the set dates. The amounts are in addition to your monthly tuition fees. Tuition will be taken off the card on file on the 1st of the month and season fees on the 20th.

\*Please Note: All Fees are the best guesstimate based on previous season expenses, and are subject to change if an increase of any items occurs or vendors increase their pricing.

#### MOVING UP REQUIREMENTS: TO HAVE THE OPPORTUNITY TO MOVE TO GOLD

1. ALL HOME AND AWAY MEETS REQUIRED
2. MUST HAVE AN AVERAGE 35.5AA FOR THE SPRING SEASON
3. MUST SHOW SKILL & EMOTIONAL READINESS & COACH APPROVAL

Gymnast Signature

Parent Signature

## **2024-2025 COMPETITIVE MEET & FEE SCHEDULE IMPORTANT DATES TO REMEMBER/MEET DRESS CODE**

### **USA MEMBER NUMBER:**

USA GYMNASTICS MEMBERSHIP # must be obtained by **Aug 15th** for Bronze level and up. You will be sent an Email prompt to the website we have on file to go through USA Gymnastics to receive this number. The fee is \$75-\$100 depending upon the level;. This is your responsibility to obtain the number. We can help but cannot do this for you.

### **INDIVIDUAL PACKAGE INSTALLMENTS :**

Please be mindful of the package installments and due dates. These fees will be pulled on the dates stated. Unless we hear from you before and arrangements are made, this package declaration is your consent. If we make a mistake it is not hard to reverse if necessary.

**JULY 20 | AUG 20 | SEPT 20 | OCT 20 | NOV 20 | DEC 20 | JAN 20 | FEB 20**

### **HOME MEET SCHEDULE:** HOME MEETS ARE ALWAYS ON SUNDAYS.

1.Meet #1: Oct 20 | 2.Meet #2: Dec 15 | 3.Meet #3: Jan 12 | 4.Meet #4: Mar 16

### **UNIFORMS & LEOTARDS AND GEAR:**

If we order uniforms and leotards too early they may not fit by arrival time, and if we order them too late they may not come on time so it's a balance to get it just right. To that end we will put out a notification **1 time** that it's time to try on last season's things with **1 deadline** to let us know if you need a new Leo or uniform or if last season's still fits and you do not need a new one. If that date passes then we will not wait to get confirmation, we will order new for your athlete. Period. This Package declaration is your consent.

### **AWAY SPRING MEET SCHEDULE:**

1. Away meets start 2nd or 3rd week of Jan
2. Away meet season JAN-APRIL 15
3. Meet dates by Sept, but exact times are much later. All meets dates & Times can change.
4. State meet is the first weekend in April. Please be aware of that for vacations.
5. The Regional meet must be paid for at State meet, and you will be billed just after based on How many kids are going to split the coach fees, food, travel and lodging.
6. End of season celebration in early May.

### **MEET SEASON DRESS CODE.**

We require a meet season dress code. How you athletes , hair, Leo, uniform should be done to represent our team. We will be putting out information for this.

## **HOW TO SIGN UP FOR TEAM**

### **#1**

**PLEASE GO TO THE 2 FORMS  
AT THE BOTTOM OF THE PAGE.**

**1. THE CODE OF CONDUCT**

**2. 2024/25 COMPETITIVE MEET SEASON**

**BOTH FORMS MUST BE FILLED OUT FOR  
YOUR GYMNAST TO BE ON SGC PRE TEAM  
OR XCEL COMPETITIVE TEAM.THESE FORMS  
PERTAIN TO ALL SEASON INFORMATION**

### **#2**

**TO COMPLETE SIGN UP PLEASE GO TO  
THE CREATE AN ACCOUNT ICON TO  
SET UP YOUR TUITION ACCOUNT. FILL OUT  
ALL BASIC INFO, READ THROUGH AND SIGN  
THE WAIVERS, AND THEN MESSAGE  
5039996359 SO WE CAN FINISH SETTING UP  
THE ACCOUNT.**

**DON'T FORGET TO JOIN THE PRIVATE FACEBOOK PAGE:**

**GYM CATZ CREW**