

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 goals 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. Each Year we will do evaluations if necessary to ensure the best placement for our athletes.

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 some next level 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 and safest result, then we will do that. See detailed policy below.

Xcel Gymnastics at SGC

The Xcel Program was designed by USA Gymnastics specifically to allow flexibility, athlete choice, and differentiated pacing. The core intent is *not* radical routine uniqueness — it's a positive, rewarding experience for gymnasts with different abilities, readiness levels, and goals. To this end, xcel was not designed to eliminate structure, standards, or progressions. Xcel does not require every athlete to follow an identical developmental path, nor

does it require completely unique routines for each gymnast. Instead, it allows coaches to design training and routine structures that best support athlete confidence, safety, and long-term development.

At Salem Gymnastics Center:

We emphasize mastery before advancement. That means coaches have the discretion to stay with the simplest form of a routine and requirements before increasing difficulty. A student may learn a harder skill for a requirement in the gym but the coach, not the athlete or parent, will say what skill will be competed and when. Please read this and understand that this is a cornerstone philosophy that should be agreed with and to, prior to accepting a place on our team in order to diminish any problems in this area mid-season. If any questions arise you will be referred back to this policy.

Identical routine structures may be used strategically, especially for first-season athletes at any level, and lower levels of xcel.

Conditioning and focused training remain essential components of safe development.

As athletes progress into Xcel Gold, the nature of training shifts: Gold is considered a mid-level competitive placement, and the skills introduced at this level require:

Greater strength and body control, increased consistency, Improved air awareness, higher levels of mental focus, and stronger respect for safety procedures.

Because of this, training expectations naturally evolve. What may feel more relaxed at entry levels becomes more structured at Gold — not as a removal of fun, but as a response to the increased technical demands of the sport. We will do our best to work with this increased demand and still have times and places for more fun, but the definition of fun also gets replaced by satisfaction of a job well done and learning new set of skills. This is also a

time that usually coincides with the pre -teen and teen years. All of this happens during increased school and workout demands and wanting to continue can be questioned. It can take an athlete a little time to adjust to this and come up with the answer that truly fits them as an individual. Usually, if they can work through this, a stronger gymnast emerges that can continue to enjoy the sport for many years to come, which is of course our goal. If your athlete begins to struggle with any of this please let us know so we can help.

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 WITHIN AN HOUR TO TWO HOUR DRIVE AND WE CAN BE SCHEDULED ON A FRI, SAT, OR SUN OR SOMETIMES ON MON.. 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. WE MAY SCHEDULE 1 COMP THAT IS FURTHER AWAY EACH SEASON.

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 BEFORE SPRING BREAK. 2ND OR 3RD WEEK. 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 AS EARLY AS POSSIBLE AND THE GOLD AND UP ROUTINES MUST BE PAID FOR IN ADVANCE 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. GOLD AND UP WILL HAVE INDIVIDUAL ROUTINES THAT MAY REMAIN IN USE FOR 2 YEARS OR CHANGED IF DESIRED.

7.FOR SPRING MEETS ONLY, YOUR CHILD WILL NEED TO HAVE A USA GYMNASTICS ATHLETE MEMBERSHIP. THE USA # WILL BE DONE THROUGH AN EMAIL YOU SUBMIT AND SHOULD BE DONE BY JUNE 15TH. THIS FEE DOES NOT GO THROUGH US BUT INSTEAD GOES STRAIGHT TO USA GYMNASTICS, AND YOU WILL BE RESPONSIBLE FOR IT. THIS IS NOT INCLUDED IN THE FEE BREAKDOWN AND NEITHER IS THE SGC YEARLY REGISTRATION FEE WHICH IS CHARGED IN JUNE.

TRAINING SCHEDULE AND MONTHLY TUITION

*TUITION INCREASE FOR TEAM WILL HAPPEN APRIL 1 AS WE DO NOT INCREASE TUITION IN SEPT ALONGSIDE EVERY OTHER PROGRAM. MOVING FORWARD, ANY TUITION INCREASE WILL TAKE PLACE IN APRIL OF EACH YEAR.

New Pricing below will take effect April 1, 2026

TRAINING SCHEDULE & FEES

PRE TEAM: 2HRS/WEEK \$140 | 4HRS/WEEK \$200
1 OR 2 DAYS PER WK 2 HR PRACTICES
MON 5:45-7:45 | WED 5:45-7:45 OR BOTH

BRONZE: 6 HRS PER WEEK \$235
2 DAYS PER WK 3 HR PRACTICES
TUE 4:30-7:30 | FRI 4:30-7:30

SILVER: 6HRS/WEEK \$235 | 9 HRS PER WEEK \$260

2 Days 3hrs or 3 days 3 hours

TUE/FRI 5:30-8:30 & MON 5:30-8:30 (IF DESIRED)

GOLD: 9 HRS/WEEK \$260

PLATINUM 3 Days /wk

**DIAMOND. MON 5:45-8:45 | TUE 5:45-8:45 |
FRI 5:45-8:45**

PRE TEAM: LEVEL 2

COMPETITION REQUIREMENTS/SEASON FEES

*****all 4 meets are mandatory unless you join team later in the year and then 2 meets will be required.**

MEET SCHEDULE : \$100 PER MEET : HOME MEETS ARE ALWAYS ON SUNDAYS

1.BOO FEST: OCT 18TH

2.WINTER WONDERLAND: DEC 13TH

3.SNOWFLAKE INVITATIONAL: JAN 17 (THIS COMP SOMETIMES CHANGES)

4.SPRING FLING: MAR 7TH

UNIFORM REQUIREMENT

1.Pre Team Leotard: Parent to provide a cotton plain black leotard.

2.Parent is to supply plain black, waist high brand new all cotton full length leggings.

3. \$45 personalized hoodie is required.

OPTIONAL

1.Parent t-shirt personalized: \$18 Hoodie: \$45

FEE TIMETABLE & BREAKDOWN: 2 SEPARATE FEES DUE PER MONTH

*You may pay the full amount, 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 for the 1st of the month and season fees from your Team Fee account on the 10th.

PACKAGE #1: Total team Fees: Full Year: \$600 1/2 year: \$335

Fee Breakdown:

Coach fees/Dues: \$125
Music/Choreo: \$30
Hoodie: \$45
Home Meets \$400

Fee Breakdown:

Coach fees/Dues : \$75
Music/Choreo: \$15
Hoodie: \$45
Home Meets: \$200

Payment and Breakdown Schedule:

Full year: 6 payments of \$100 Due Dates: July 10, Aug 10, Sept 10, Oct 10, Nov 10, Dec 10

1/2 year: 4 payments of \$83.75 Due Dates: Nov 10, Dec 10, Jan 10, Feb10

* All fees are guesstimates based off of last season and subject to change if necessary.

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
3. MUST PASS EVAL FOR NEXT LEVEL IF NECESSARY

BRONZE LEVEL

COMPETITION REQUIREMENTS/SEASON FEES

REQUIREMENTS:

1. ALL HOME MEETS ARE REQUIRED.
2. 2 SPRING AWAY MEETS REQUIRED + STATE IF QUALIFIED FOR
3. FLOOR/BEAM ROUTINE FEE REQUIRED: \$50
4. LEOTARD AND UNIFORM GEAR REQUIRED

UNIFORM REQUIREMENTS: \$475

1. Uniform/Gear includes short sleeve Spring Meet Leo, backpack, personalized jacket, personalized hoodie & bow. Leo will not arrive until the Jan comp. Parent to provide a plain black cotton Leo 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: \$45

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

Coach fees & dues: \$147
Routine/Choreo: \$50

4 Home Meets at \$100:	\$400
2 Away Meets at \$165:	\$330
State Meet at \$165:	\$165
Uniform/Gear:	<u>\$475 (see uniforms above)</u>
Total:	\$1556

Total for the entire year: \$1556

9 Pymts of: \$172.88 : Due Dates June 10, July 10, Aug 10, Sept 10 Oct 10 Nov 10, Dec 10, Jan 10, Feb 10

*You may pay all up front, 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 from your Team Fund account on the 10th.

*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
4. MUST PASS EVAL FOR NEXT LEVEL IF NECESSARY

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: \$475

1. Uniform/Gear includes Short Sleeve Spring Meet Leo, backpack, personalized jacket, personalized hoodie & Bow. Leo will not arrive until the Jan meet. Please have your gymnast wear a plain black cotton leotard until the competition leotard 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: \$45

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

Coach fees & dues:	\$185
Routine/Choreo:	\$50
4 Home Meets at \$100:	\$400
4 Away Meets at \$165:	\$660
State Meet at \$165:	\$165
Uniform/Gear:	\$475 (see uniforms above)
Total:	\$1935

Total for the entire year: \$1935:

9 Pymts of: \$215 :

Due Dates June 10 July 10, Aug 10, Sept 10, Oct 10, Nov 10, Dec 10, Jan 10, Feb 10

*You may pay all up front, 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 from your Season fee account on the 10th.

*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
4. MUST PASS EVAL FROM NEXT LEVEL IF NECESSARY

GOLD LEVEL/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: \$250 PER GYMNAST NOT INCLUDING MUSIC
4. LEOTARD AND UNIFORM GEAR REQUIRED

UNIFORM REQUIREMENTS: \$475

1. Uniform/Gear includes Spring Meet Leo, backpack, personalized jacket, personalized hoodie
& bow .Leo will not arrive until the Jan meet. Gymnast must wear a plain black cotton leotard
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: \$45

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

Coach fees & dues:	\$185
Routine/Choreo:	\$300
4 Home Meets at \$100:	\$400
4 Away Meets at \$165:	\$660
State Meet at \$165:	\$165
Uniform/Gear:	\$475 (see uniforms above)
Total:	\$2185

Total for the entire year: \$2185:

9 Pymts of: \$242.77 :

Due Dates June 10, July 10, Aug 10, Sept 10, Oct 10, Nov 10, Dec 10, Jan 10, Feb 10

*You may pay the full amount, 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
4. MUST PASS EVAL FOR NEXT LEVEL IF NECESSARY

2026-2027 COMPETITIVE MEET & FEE SCHEDULE IMPORTANT DATES TO REMEMBER/MEET DRESS CODE

USA MEMBER NUMBER:

USA GYMNASTICS MEMBERSHIP # must be obtained by **JUNE 15** 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. PLEASE DO NOT ASK US TO ADJUST THESE. If we make a mistake it is not hard to reverse if necessary. You are required to put a WORKING CARD on file at all times, If you have had to cancel the card due to fraud or any other reason it is your responsibility to update the card. If you have a standing block on your card it should be removed each month prior to these fees being pulled. If we go to pull on the date contracted for and the card is not working for any reason there will be a \$25 transaction fee applied each time thereafter. If we try more than a couple of times we may if necessary charge the tuition card on file. Failure to have these payments or tuition payments pull on the agreed upon date 1 time may result your athlete being unable to continue. To be clear, we are not trying to take an unreasonable stance, but should not be in a position to chase down money for something that is your choice as a parent to participate in with clearly defined dates and amounts being contracted ahead of time.

JUNE 10 | JULY 10 | AUG 10 | SEPT 10 | OCT 10 | NOV 10 | DEC 10 | JAN 10 | FEB 10

HOME MEET SCHEDULE: HOME MEETS ARE ALWAYS ON SUNDAYS.

1.Meet #1: Oct 18 | 2.Meet #2: Dec 13 | 3.Meet #3: Jan 17 | 4.Meet #4: Mar 7

*meet 3 and 4 are subject to change until full meet session is set.

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 you will need to be sure that you have your season fund account current with funds avail and your child is in attendance during fitting dates. If you do not have that your child's leotard may not be able to be ordered and it will not come on time. For team leotards and warm up gear you will have 1 date without exception to let us know if your current items still fit or you need a new item. Once that date passes we will order new and you will be charged accordingly.

AWAY SPRING MEET SCHEDULE:

1. Away meets start in Jan
2. Away meet season JAN-MARCH 15TH
3. Meet dates by Sept, but exact times are much later. All meets dates & Times can change.
4. State meet is the weekend or two right before Spring Break.
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 for the coach. Once
That is said you are responsible for getting yourself and your athlete there with all that entails.
6. End of season celebration TBA at the end of each season.

MEET SEASON DRESS CODE.

We require a meet season dress code. How our athletes, hair, Leo, uniform

should be done to represent our team. We will be putting out information for this.

When an athlete is on the podium all team apparel will be worn.

Sign up process:

1. Make sure you have a tuition account as well as a season fee Team Fund account with a card on file for each account.

2. please join our Band Ap parents group. This group is mandatory as this is how we communicate all important competition information.

3. On our commitment day (TBA) or after if you sign up after the season starts

You will sign the code of conduct, financial contract, and policy statement.

4. Added to make clearer. All of this handbook with regards to policies and dates and prices are subject to change within reason depending upon what is best for our gym and athletes or circumstances outside our control.

We are so excited to have your family join ours. Thank you so much for reviewing this handbook and if you have any questions please reach out to Tracy at 5039996359.