

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. Each Year we will do evaluations to make sure all of our athletes are in the best place for a successful season.

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 and/or parent 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 OR WE MAY KEEP A UNIFIED ROUTINE AS PER THE COACH.

7.FOR SPRING MEETS ONLY, YOUR CHILD WILL NEED TO HAVE A USA GYMNASTICS ATHLETE MEMBERSHIP, AND NOW A STATE TAX PER CHILD. THE USA # 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. THE STATE FEE WILL BE BILLED THROUGH US BUT BOTH FEES ARE AN ADDITIONAL FEE YOU WILL BE RESPONSIBLE FOR. THEY ARE NOT INCLUDED IN OUR SEASON FEES.

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.

TRAINING SCHEDULE & FEES

PRE TEAM: 2HRS/WEEK \$140 | 4HRS/WEEK \$199
1 OR 2 DAYS PER WK 2 HR PRACTICES
MON 5:45-7:45 | WED 5:45-7:45 OR BOTH

BRONZE: 3HRS/WEEK \$167 | 6 HRS PER WEEK \$217
2 DAYS PER WK 3 HR PRACTICES
TUE 5-8 | FRI 5-8

SILVER: 6HRS/WEEK \$217 | 8.5HRS PER WEEK \$240
2 or 3 Days/wk | 2 Days 3hrs + 1 Day 2.5HRS
TUE 5-8 | FRI 5-8 + MON 5:30-8:00 (IF DESIRED)

GOLD: 9 HRS/WEEK \$250

PLATINUM 3 Days /wk | 2 Days 3.5hrs + 1 Day 2.5hrs
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. Amounts will be pro rated.**

MEET SCHEDULE : \$95 PER MEET : HOME MEETS ARE ALWAYS ON SUNDAYS

- 1.BOO FEST: OCT 19TH
- 2.WINTER WONDERLAND: DEC 14TH
- 3.SNOWFLAKE INVITATIONAL: JAN 18
- 4.SPRING FLING: MAR 8TH

UNIFORM REQUIREMENT

- 1.Pre Team Leotard: \$85 *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 \$80 (Personalized back pack, Hoodie)
- 2.Parent t-shirt personalized: \$18 Hoodie: \$45

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 for the 1st of the month and season fees from your Team Fee account on the 20th.

PACKAGE #1: Total team Fees: Full Year: \$550

Fee Breakdown:

Coach fees/Dues:	\$75
Leotard:	\$85
Home Meets	\$390

Payment and Breakdown Schedule:

Full year: 6 payments of \$91.70 Due Dates: July 22, Aug 22, Sept 22 Oct 22, Nov 22, Dec 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
3. MUST PASS EVAL FOR NEXT LEVEL @May 15TH

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: \$475

1. Uniform/Gear includes Spring Meet Leo, backpack, personalized jacket, personalized hoodie & 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: \$45

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

Coach fees & dues:	\$75
Routine/Choreo:	\$50
4 Home Meets at \$95:	\$380
3 Away Meets at \$160:	\$480
State Meet at \$160:	\$160
Uniform/Gear:	\$475 (see uniforms above)
Total:	\$1620

Total for the entire year: \$1620:

9 Pymts of: \$180 : Due Dates June 22, 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 from your Team Fund account 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
4. MUST PASS EVAL FOR NEXT LEVEL @May 15

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 Spring Meet Leo, backpack, personalized jacket, personalized hoodie & 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: \$45

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

Coach fees & dues:	\$75
Routine/Choreo:	\$50
4 Home Meets at \$95:	\$380
4 Away Meets at \$160:	\$640
State Meet at \$160:	\$160
Uniform/Gear:	\$475 (see uniforms above)
Total:	\$1780

Total for the entire year: \$1780:

9 Pymts of: \$197.77 :

Due Dates June 22, 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 from your Season fee account 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 FROM NEXT LEVEL @may 15th

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: \$50 FOR TEAM ROUTINE: \$150 FOR INDIVIDUAL
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 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: \$45

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

Coach fees & dues:	\$80
Routine/Choreo:	\$150
4 Home Meets at \$95:	\$380
4 Away Meets at \$160:	\$640
State Meet at \$160:	\$160
Uniform/Gear:	\$475 (see uniforms above)
Total:	\$1885

Total for the entire year: \$1885:

9 Pymts of: \$209.44 :

Due Dates June 22, 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
4. MUST PASS EVAL FOR NEXT LEVEL @May 15th

2025-2026 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.

JUNE 20 | 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 19 | 2.Meet #2: Dec 14 | 3.Meet #3: Jan 19 | 4.Meet #4: Mar 8

*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 pre 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 items. 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 right before Spring Break. March 13th-15th
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 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 fund account with a card on file for each fund.
2. please join either our Facebook page Salem Gym Catz, or our band ap parents group. You must be in one of these groups as this is how we communicate all important competition information.
3. On our competitive page on our website once teams are chosen in mid June you will need to go sign the code of conduct form and the Season form and contract.
4. Added to make clearer. All of this handbook with regards to policies and dates and prices are subject to change 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.