



GYMNAST FACTORY

TEAM HANDBOOK



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WELCOME

We are very happy to welcome you to the Gymnast Factory competitive program. We also would like to take this time to congratulate you on the success of your child. Only a few out of many will be invited to our team programs. Whether you are a part of the boys, girls, or trampoline program, I think you will be happy to find a fun environment that is balanced with high standards of conduct and training. We understand that every child has unique styles of learning, and has their own goals in mind. Our team coaches work hard to coach your child in the most effective manner to help obtain those goals.

Our competitive programs are for those individuals who wish to take the sport to a higher level. They must show progression and mastery of developmental skills which include:

- 1 listening
- 2 discipline
- 3 a progression in the sport itself

The experience and values our gymnasts learn will benefit them throughout their life. As a student of gymnastics, some of the many skills your child will hone are time management, work ethics, analytical thinking, self discipline, and other principals of success.

Gymnastics is a demanding sport that takes a commitment from parents, athletes, and coaches. The purpose of this handbook is to give a general overview as to what can be expected when you become a part of G.F.I.'s competitive programs. Thank you for taking the time to learn about our organization.

ABOUT G.F.I.

Gymnast Factory was founded in 1978. Two school teachers, Tom Brewer and Andre Hornsby, created Gymnast Factory Inc. to provide quality gymnastics instruction and maintain/build the self-esteem of children. The doors opened in September of 1978 with 35 students and quickly grew to 90 students. In 1980, Tom purchased the minor interests from Mr. Hornsby. The company grew modestly until 1982 when Tom retired from teaching school to operate G.F.I. full time. Enrollment then doubled and doubled again to 600 students. In 1986 the facility was improved in size to allow additional growth to 800+ students. G.F.I. has progressed to a level of respect among the industry. G.F.I. is successful and we know why we are successful.

At G.F.I., we work hard to put safety first. There will always be a risk associated with physical activities. With a well trained staff, safety certified coaches, and

other training/safety programs, we seek to minimize those risks. Many of the policies in place are also designed to help keep our athletes safe.

Our concept is very simple, to provide high quality gymnastics without losing the fun. G.F.I. wants everyone to enjoy the experience. Each child is precious, and should be cared for as the most important one in the room. Safety, self-esteem, fun, and bonding are all part of the magic that is G.F.I.

TEAM SCHEDULES

Training and meet schedules will be set by the team's head coach. Please make an effort to follow the schedule as closely as possible.

EXPECTATIONS

- Parents and team members must read and adhere to the team's rules and policies.
- Each team member must:
 - try hard and do their best
 - be courteous and respectful to coaches and other team members
 - wear proper attire (noted in later section)
 - pack gym bags with required materials (noted in later section)
 - help keep their training areas neat and clean
- Year round participation is required (attendance is further explained in a later section)
 - a \$100 dollar team/equipment fee is required each year, and will be assessed again if you decide to withdraw then resign for any reason.
 - in the event you wish to withdraw for any reason, we can not reserve a place on team. Many students want a chance to be a part of a competitive squad. It would not be fair to those individuals to keep a vacant spot open.
- Tuition is due at the beginning of each month at the front office.
- Competition fees (separate from tuition) will be assessed prior to the competition season. A more detailed explanation is given under the *team fees* section.
 - your head coach will provide a payment schedule
 - timely payments are expected. Failure to pay will result in athletes not participating in meets, and could result in expulsion from the team.
 - if you are having trouble making payments, please council with your head team coach.
- be goal oriented. Team coaches will help athletes create and obtain goals.

PROPER ATTIRE

Boys – “a shirts” (sleeveless undershirts) with shorts that are not too baggy.

Pants and sock for swinging pommels.

Girls - leotards. Hair is to be pulled back.

Trampoline - shorts, t-shirts, and socks, leotards for girls.

GYM BAGS

Boys - pre wrap, athletic tape, socks, warm-up pants, wrist bands, grips if needed.

Girls – pre wrap, athletic tape, thera-band, fingernail clippers, ankle weights, grips if needed.

ATTENDANCE

Competitive gymnastics is a disciplined sport. Athletes must make an effort to attend every practice. Lack of attendance has a negative effect on the program. Partly committed athletes tend to lose confidence and strength. Team mates surpass this athlete while their progress is very slow. This is a negative cycle that when left unresolved, usually ends with the student so discouraged, they wish to quit. This cycle usually leads to an unnecessary safety risk, and directly conflicts with what G.F.I. tries so hard to uphold (refer to the WELCOME and ABOUT G.F.I. sections). Because of the above, our competitive programs are subject to an 85% attendance rule. This policy simply states:

- Athletes must attend at least 85% of the scheduled practices
- Attendance will be tracked by the coaches
- Absences are to include vacations, injuries, other sports, illness, etc.
- If athletes are tardy by 15 minutes or more, they will be counted absent.

We understand circumstances may arise. Please call before practice if a student will be late. This will help avoid an absence as stated above. It also helps the coaches to properly plan for the day's practice session.

We understand school comes first. We also understand some athletes participate in multiple sports. We will do our best to accommodate our athletes within reason. Please keep constant communication with your coaches. Most of which can be reached by email, notes, and telephone.

In the event of an injury, we still expect the athlete to attend practice. They will receive supplemental training so they do not fall behind. The supplemental training will be individualized so that there is no further injury. It is not in our best interest to have injured athletes. Rehabilitation will be a part of the supplemental training.

COMMUNICATION

Always keep in contact with your coaches. Questions and feedback are important. We will do our best to accommodate our parents, but not at the cost of the program.

Girl's and boy's teams have a file box where information will be distributed. Please have your athlete check the box often. Parents are also welcome to check the box for distributed information.

P.E. WAIVERS

If your school district offers P.E. waivers, we will be happy to accommodate these so long as the athlete qualifies. The grade given by the coach will be attendance based. No exceptions.

TEAM FEES

Monthly tuition is separate from competition fees. Monthly tuition will be charged through the front office. A current tuition chart is attached on the next page.

Competition fees will be computed and charged by a team coach. Payments should begin prior to the meet season. An example of competition fees will be provided upon request. For a detailed explanation of competition fees, please get with your coach.

If you have any trouble making payments on the competition fees, please consult your coach to adjust the payment plan. If you are not timely with the payments and/or your account falls behind, your child may not be entered into a scheduled competition. Non payment will ultimately result in dismissal from the team.

It is important to note that this is an "in and out" account. All monies paid are for your child's uniform, USAG membership, meet entry fees, coaches' fee, etc. G.F.I. draws no income from this account.

It is also important to note, the statements given are *estimates*. If the coach underestimates expenses for the meet season, we will ask for the difference. If the coach overestimates, any extra funds will be spent on the team in the way of a party or outing.

If you miss a meet for any reason, we cannot give a refund. Meet entries and payments are usually submitted at least four to six weeks in advance. Simply stating, the money is already spent. If you know you cannot attend a scheduled event prior to six weeks, please consult with your coach.

TEAM TUITON

* Updated as of 5/20/05

Total Weekly Workout Hours	Added Workout Tuitoin	Base Tuition	Adjusted Monthly Tuition
4	\$ 5.00	\$ 170.00	\$ 175.00
5	\$ 10.00	\$ 170.00	\$ 180.00
6	\$ 15.00	\$ 170.00	\$ 185.00
7	\$ 20.00	\$ 170.00	\$ 190.00
8	\$ 25.00	\$ 170.00	\$ 195.00
9	\$ 30.00	\$ 170.00	\$ 200.00
10	\$ 35.00	\$ 170.00	\$ 205.00
11	\$ 40.00	\$ 170.00	\$ 210.00
12	\$ 45.00	\$ 170.00	\$ 215.00
13	\$ 50.00	\$ 170.00	\$ 220.00
14	\$ 55.00	\$ 170.00	\$ 225.00
15	\$ 60.00	\$ 170.00	\$ 230.00

Tuition is figured by taking the **base tuition + weekly scheduled workout**

Please note that tuition is based on the level of the athlete and the workout provided for that level. Example: If your child is level 8, and is scheduled to 14 hours per week, the appropriate tuition is \$225.00 per month. If you choce only train 10 hours per week, the tuition is still \$225.00.

Gymnast Factory Team Parent/Athlete Acknowledgement

Please initial/sign this form below and return it to the front office for our records

TEAM SCHEDULE & EXPECTATIONS ACKNOWLEDGEMENT:

We have read and understand this section.

Parent's Initials _____

Athlete's Initials _____

PROPER ATTIRE & GYM BAGS ACKNOWLEDGEMENT:

Parent's Initials _____

Athlete's Initials _____

ATTENDANCE, COMMUNICATION, AND P.E. WAIVER ACKNOWLEDGEMENT:

Parent's Initials _____

Athlete's Initials _____

85% ATTENDANCE POLICY:

Parent's Initials _____

Athlete's Initials _____

TEAM FEES - TUITION AND COMPETITION FEES:

Parent's Initials _____

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I have read and understand the contents of the "Gymnast Factory Team Handbook". I agree to adhere to the rules, policies, and expectations set forth in its contents. I understand that tuition is non refundable or adjustable for any reason such as vacation, illness, special events, holidays, or changes in the schedule by the coach. It is understood that a thirty day written notice is required in the event of a withdraw from the team program. Only then will your deposit qualify to be used for the last month's tuition payment. I understand

Parent's Signature: _____ **Date:** _____

I have read the "Gymnast Factory Team Handbook" and/or have reviewed with my parents the sections that pertain to me. I understand and agree to follow the standards given in this manual.

Athlete's Signatruue: _____ **Level:** _____ **Date:** _____