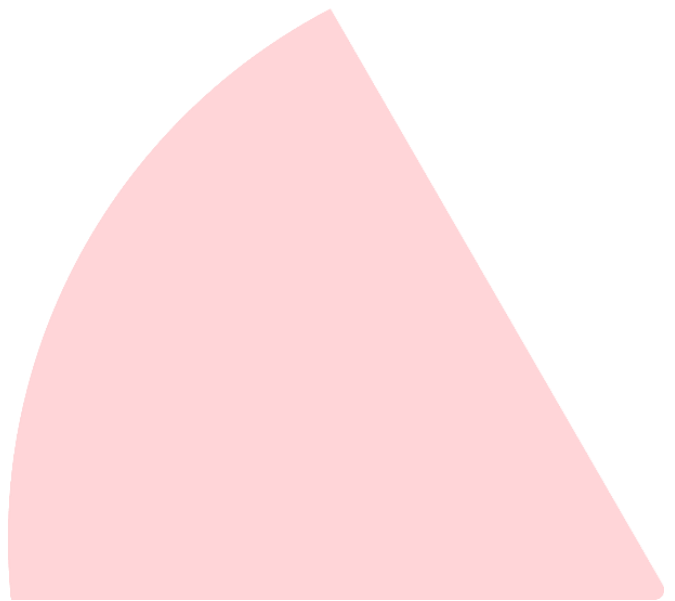
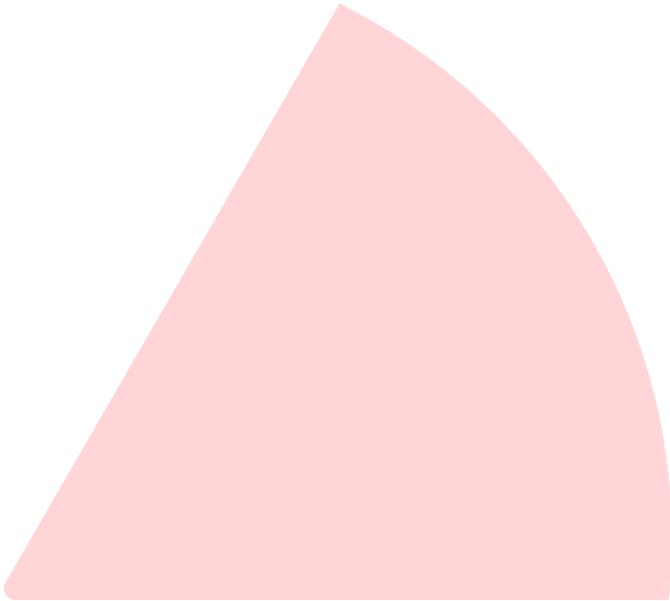




# GIRLS TEAM HANDBOOK

*We Dare To Endeavor*



# **ABOUT THIS HANDBOOK**

It is especially important for our athletes and their families to be aware of and understand the rules and policies which are enforced in this program. We believe that by providing guidelines, we can maintain a positive environment that is rewarding, challenging, and safe. Team members are in turn aware of and responsive to the demands & expectations that are placed on them by their coaches and the gym.

## **TABLE OF CONTENTS**

STRUCTURE, HOURS, COMMUNICATION – PAGE 3

TEAM FUNDRAISER, GYM POLICIES & NEED TO KNOWS FOR TEAM – PAGE 4-6

COMPETITIONS – PAGE 7-8

COMPETITION FEES – PAGE 9-10

ATHLETE AGREEMENTS – PAGE 11-12

PARENT/ATHLETE AGREEMENT FORM – PAGE 13

# STRUCTURE OF COMPETITIVE GYMNASTICS

## XCEL GIRLS

SAPPHIRE (LEVEL 9 & 10)  
DIAMOND (LEVEL 8)  
PLATINUM (LEVEL 6 & 7)  
GOLD (LEVEL 4 & 5)  
SILVER (LEVEL 3 & 4)  
BRONZE (LEVEL 2 & 3)

## D.P. GIRLS OPTIONALS

LEVEL 10  
LEVEL 9  
LEVEL 8  
LEVEL 7  
LEVEL 6

## TEAM WORKOUT HOURS

### XCEL

Bronze: 6 hours per week  
Silver: 7-8 hours per week  
Gold: 9-10 hours per week  
Platinum: 11-12 hours per week  
Diamond: 14 hours per week  
Sapphire: 14-16 hours per week

### D.P. Optionals

Level 6: 12-14 hours per week  
Level 7: 14-15 hours per week  
Level 8: 15-18 hours per week  
Level 9: 18-20 hours per week  
Level 10: 18-20 hours per week

## USA GYMNASTICS

Every team member is required to register under USA Gymnastics. The Athlete Membership is required to compete in meets and it must be renewed every year.

USA Gymnastics Athlete Membership is paid by the parent directly to USA Gymnastics. We (the gym), send you a link through USA Gymnastics where you can pay for the membership.

**USA Gymnastics Membership Renewals are due June 1<sup>st</sup> of each year.**

## COMMUNICATION

Email is our primary means of communication. Please ensure that the email below does not end up in your spam/junk folders on your email. If you are not receiving the emails, please let Office know.

Team Email

[Team@EndeavorGymnastics.com](mailto:Team@EndeavorGymnastics.com)

## **COMPETITION PAGE**

This page will include all the necessary team information throughout the entire year. This page will serve as a backup to any emails that are sent out to parents. A link to the competition page will be emailed out to all the team parents by August 1<sup>st</sup>. Please note that this page is hidden on the website and you will not find it without the link.

[Endeavorgymnastics.com/2025-girls-comp-fees](https://endeavorgymnastics.com/2025-girls-comp-fees)

## **TEAM FUNDRAISER**

We do a team fundraiser through **SNAP-RAISE** once a year to help with competition related fees. We do expect everyone to participate in the fundraiser as the funds go directly to your athlete. The fundraiser lasts 28 days and usually begins August 1.

The fundraiser is simple. You input a minimum of 20 emails into your snap raise account. These could be friends, family, coworkers, businesses, etc. These potential donors will only receive one email from snap raise per week. All donors will receive a tax deductible receipt for their donation as well as a personalized thank you from the athlete they supported. You can also share the fundraiser across social media platforms, email, or messages in order to maximize your fundraising efforts.

Please note that any of the donors emails you input do have the ability to unsubscribe to the emails at any point.

## **GYM POLICIES & NEED TO KNOWS FOR TEAM**

### **DRESS CODE**

The dress code for all workouts is based on the dress code for competitions. Gymnasts can and do receive deductions (not performance related) in gymnastics for improper appearance. We believe that the behavior and attire of the team is a positive reflection on the athlete and the program.

- Leotard, may be sleeveless
- Hair pulled back/up where hair is not in their face
- No leotards with shorts
- No T-Shirts
- No jewelry except stud earrings
- No shorts (exceptions apply)

### **ABSENCE POLICY & ABSENCES WEEK OF COMPETITION**

We are open minded and understanding concerning absences. When a gymnast is going to be late, absent or leaving early from practice, it is the responsibility of the parent to notify us by phone or email beforehand.

**Endeavor Gymnastics has the right to scratch an athlete for missing practices the week leading up to a competition.** This will be enforced, especially for those in Xcel Gold-Sapphire, D.P. Optionals, as the skills competed are much harder and have a greater risk of injury when not worked on regularly.

### **MAKE-UP POLICY**

No make-ups will be given to team. Endeavor Gymnastics reserves the right to determine **if and/or when** make-ups are offered.

### **USE OF IMAGES POLICY**

All parents are required to agree to the policy in order to be on team as we do post videos, pictures, etc on our social media platforms (Facebook & Instagram) and the gym's website.

### **SOCIAL MEDIA POLICY**

Under no exceptions, athletes are not allowed to follow or have any contact with any coach/staff member via ANY private social media account. Under no exceptions will any coach/staff be allowed to hang out with any athlete outside the gym unless the event is organized and/or hosted by the gym.

### **BULLYING POLICY**

We have a **ZERO TOLERANCE** policy regarding bullying. If an athlete is found to have participated in bullying, they will be kicked off team AND out of the gym. No refunds will be given.

### **INJURY POLICY/CONCUSSION PROTOCOLS**

If an athlete becomes injured, clearance from a medically licensed physician is **REQUIRED** in order to return to full participation practices. If limited participation is granted by the physician, the athlete should attend practice as directed and with consideration given to the injury. We attached the link to the USAG concussion protocol packet: [https://usagym.org/PDFs/About%20USA%20Gymnastics/wellness/concussion\\_overview.pdf](https://usagym.org/PDFs/About%20USA%20Gymnastics/wellness/concussion_overview.pdf)

This link can also be found on the competition page on the website.

### **TEAM TUITION POLICY**

Team membership is a year-round commitment by the athletes, parents, and coaches. As long as an athlete is a member, tuition is payable and there must be a credit card on file. **TEAM MEMBERS ARE REQUIRED TO BE ON AUTOPAY. TUITION WILL BE PAID IN FULL**, even during vacations and time off.

### **CHARTER SCHOOL FUNDS**

Charter school payments are only accepted for tuition, but tuition on your account must always be at zero balance. Charter school funds cannot be used towards competition related fees.

### **PRO-SHOP ACCOUNT: BUILDING 1**

Athletes may keep a pre-paid credit on their accounts for pro-shop snacks/beverages. Can be paid with cash or with credit card. Most parents place \$10-\$20 on their accounts. These accounts can only be used by your athlete (i.e. they have to tell the front office, not their teammates).

## **NEW PRO-SHOP ACCOUNT: BUILDING 2 NEW**

In order to help fuel our athletes, we are creating a Building 2 Only pro shop. Depending on your level, you would pay a small monthly fee to have unlimited snacks and drinks for your athletes. This would only be for Building 2 snacks and drinks. If your athletes want snacks or drinks from Building 1, they will still need to pay for those.

This program is completely OPTIONAL to sign up for. Monthly cost per athlete is:

\$10 Bronze & Silver Athletes

\$20 Gold and Higher

## **FLOOR ROUTINE MUSIC & CHOREOGRAPHY:**

*For XCEL Golds, Platinums, Diamonds, Sapphires and D.P. Optionals Only*

**Floor routine music will need to be finalized by the last week of September.** All payments will be made to the coach teaching the choreography in the form of cash or check only. **Payment for Choreography and/or music, is due on the day your athlete learns their routines.**

\$250 without Cut Music	\$350 with Cut Music
-------------------------	----------------------

## **PARENT CONDUCT DURING PRACTICE**

All parents are expected to be supportive in their child's progress. Everyone progresses at different rates at every level. Any concerns, problems, or issues that arise during workouts are expected to be discussed with the team coaches. If the team coaches are on the floor, please speak with the office regarding your concerns. Please note, no changes can or will be implemented without being notified of any issue or concern that arises.

## **AFTER SEASON**

If you plan on taking a break or withdrawing from team following the end of the competitive season, you are required to have a zero balance on your account prior to leaving. There are no exceptions. Notice of withdrawal will only be accepted through email. If an athlete decides to withdraw after competition fees have been processed, no refunds will be given.

## **ATHLETE DROP OFF POLICY**

We are aware things come up and occasionally need to drop your athlete off earlier than normal. However, you are expected to inform the office if you need to drop off your athlete earlier than normal. Up to 30 minutes prior with notice, there will be no charge to your account. However, if you drop off an hour or more early with no notice, you will be charged \$20/hour to your account.

## **SENIOR ATHLETES**

Athletes that reach their senior year of high school get to design/create their own unique senior competitive leotard. The leotard is paid for by the gym up to \$500.

# **COMPETITIONS**

Competition is an important part of the team experience. The staff at Endeavor Gymnastics stresses not only the individual nature of the sport, but the team effort and unity. Competitions will be held at the local, state, & regional levels.

Athletes and parents are expected to represent the program and gym in a favorable light including at competitions or while wearing Endeavor Gymnastics attire. If there is a problem at the competition, parents are reminded to defer to the coaches in addressing any problems that may arise.

## **EVENT & LEVEL REQUIREMENTS**

The Head Coach will determine the level in which your athlete competes. This is non-negotiable as the coaches are responsible for the safety and well-being of your athletes when they compete.

All athletes are expected to perform the required skills for the level that they are trying to compete. If the gymnast cannot perform these skills for an event, they will not be allowed to compete that event. It is up to the coaches to determine if the gymnast is capable of safely performing these skills.

## **COMPETITION ATTENDANCE**

If your athlete qualifies to their specific State Championships, they are **REQUIRED** to go, barring being sick, life event, etc.

If you do not plan on attending a competition, you are required to send written notice to **team@endeavorgymnastics.com** before the entry fees charge date. Verbal cancellation will not be accepted. Please note, once you inform us you will not be attending a competition, it cannot change. If you show up on the day you were originally going to compete, you will be sent home.

## **COMPETITION SCHEDULES**

The gym's competition schedule will be emailed out in September. The meet schedule is tentative and is subject to change. The gym does not receive the specific day/time of the meet sessions until 1-4 weeks prior to the meet. Once we receive the individual session times for a specific meet, the schedule will be emailed out to the parents. Gymnasts are only required to participate in their individual session time and are required to stay through awards.

## **OUT OF STATE COMPETITIONS**

Out of state meets are not required, but highly encouraged to attend.

## **IN HOUSE MEET**

This meet is required for all girls team athletes. This meet is a great introduction to competitive gymnastics before season starts in January. This meet will be in November or December of each year.

## **COMPETITION PROTOCOL**

Gymnastics is a sport where the behavior of all the participants, including spectators, has been governed by USAG rules and policies. These rules and policies are enforced by performance deductions, if necessary. The following are some of the guidelines for behavior:

### **PARENTS**

- Never assume that you totally understand a sport where professionals within the sport have a difficult time staying up-to-date with rules and changes.
- If upset with the scores, please be aware that we (the gym/coaches) have the ability to appeal a score. Please note, even with appealing the score, this does not guarantee the score will change. We will only appeal scores at State and Regionals.
- Never approach a meet official, including coaches, during the competition.
  - We are responsible for the safety and well-being of your athlete at a competition.
- Negative talk/gossip at the gym or at competitions regarding about our athletes, coaches, or gym itself will not be tolerated. Any negative comments regarding those from other gyms will also not be tolerated.
- Always be enthusiastic in their support of the team and all the team members.
- Never be negative toward your gymnast performance either at a meet or after practice.
- Support is a MUST!
- Let the coaches deal with performance issues.



## COMPETITION FEES & PAYMENTS

(Subject to Change)

We offer 3 payment plan schedules for the various fees. All fees will be emailed to you after they have been posted to your account and will also be posted to the competition page found on the website.

- All Competition Fees will be given a due date. Your card will be charged on the due date (unless prior written notice was given)
- All In-State Meets are Required. Out of State Meets are Optional.
- If you do not plan on attending the out of state competitions, you must email [team@endeavorgymnastics.com](mailto:team@endeavorgymnastics.com) before the fees due date.
- If payment is not received for competitions, your child will NOT attend that meet.
- Once the gym has paid for the meet, no refunds will be granted. Meets are very strict about not allowing refunds. No parent should ever contact the meet host or host gym about refunds.
- The equipment fee is an annual fee for each team family (not each individual). If you have two children on team, you will only pay a \$100 equipment fee for that season.
- Please note, each meet does charge an entry fee for spectators. Cost varies depending on the meet. For some meets, it is cash only.

<b>Approximate Competition Costs</b>	
Please note, these prices are estimates and subject to change. They do not include other costs such as shipping, tax, etc.	
<b>USA Gymnastics Membership Fee</b> This fee is paid directly to USAG by the Parents	<b>\$63 per athlete</b> ( <b>\$25 for brand new athletes</b> )
<b>Competition Leotard (Bronze &amp; Silver)</b>	<b>\$290</b>
<b>Competition Leotard (Gold – Diamond)</b>	<b>\$420</b>
<b>Competition Leotard (Optionals; Level 6-10)</b>	<b>\$420</b>
<b>Competition Warm Up Jacket</b>	<b>\$100-\$115</b>
<b>Competition Leggings</b>	<b>\$35</b>
<b>Competition Backpack</b>	<b>\$54-\$60</b>
<b>SoCal Women’s Gymnastics Association Reg Fee</b>	<b>\$32</b>
<b>Meet Entry Fees</b>	<b>\$110-\$150 per athlete (varies from meet to meet)</b>
<b>Coach’s Fees</b>	<b>\$40-\$130 per athlete (varies from meet to meet)</b>
<b>Equipment fee</b>	<b>\$100 per Team Family per season</b>
<b>In-House Meet</b>	<b>\$30-\$50 per child</b>
<b>Team Banquet</b>	<b>TBD</b>
<b>Floor Routine Music &amp; Choreography (XCEL Gold-Sapphire &amp; Optionals Only)</b>	<b>\$250 w/o cut music OR \$350 w/cut music</b>

## Payment Plan Schedule

These do not include State or Regional fees. Bronze and Silver do not attend Regionals. There are 3 Payment Plan Options:

**Option 1: 5 Local and 2 Out of State meets (Las Vegas AND Arizona)**

**Option 2: 5 Local and 1 Out of State meet (Las Vegas OR Arizona)**

**Option 3: 5 Local meets Only**

### New Bronze/Silver Athletes

These are for athletes new to team or new to the gym

Payment Due Date	Option 1	Option 2	Option 3
June 15, 2024	\$285	\$255	\$224
July 15, 2024	\$285	\$255	\$224
August 15, 2024	\$285	\$255	\$224
September 15, 2024	\$285	\$255	\$224
October 15, 2024	\$285	\$255	\$224
November 15, 2024	\$285	\$255	\$224
December 15, 2024	\$285	\$255	\$224
January 15, 2025	\$285	\$255	\$224

**These fees include: Bronze/Silver leotard, Warm Up Jacket, Warm Up Leggings, Backpack, Equipment fee, SoCal athlete registration fee, In house meet, and coaches fees for the number of meets you chose option wise.**

### Returning Athletes

Payment Due Date	New to the Gym Gold+ Athlete	Returning Athlete (All Levels; no extras)	Returning Gold+ w/new leotard	Returning Bronze/Silver w/new leotard
June 15, 2024	\$302	\$225	\$278	\$261
July 15, 2024	\$302	\$225	\$278	\$261
August 15, 2024	\$302	\$225	\$278	\$261
September 15, 2024	\$302	\$225	\$278	\$261
October 15, 2024	\$302	\$225	\$278	\$261
November 15, 2024	\$302	\$225	\$278	\$261
December 15, 2024	\$302	\$225	\$278	\$261
January 15, 2025	\$302	\$225	\$278	\$261

**These fees include: Appropriate level leotard (if needed), Equipment fee, SoCal athlete registration fee, In house meet, and coaches fees for the number of meets you chose option wise. If you need a new warm up jacket, warm up leggings, or backpack, these fees are not included in the monthly fees.**

# Athlete Agreements

## COMPETITION PROTOCOL

Gymnastics is a sport where the behavior of all the participants, including spectators, has been governed by USAG rules and policies. These rules and policies are enforced by performance deductions, if necessary. The following are some of the guidelines for behavior:

- Always present themselves in the best possible light. Appearance and proper conduct is always important in our sport and reflects positively on our program.
- Must be dressed appropriately upon arrival. Athletes should wear their warmups. No platform shoes or heels may be worn. We highly recommend wearing flip flops/ sandals to competitions.
- Always arrive 30 minutes prior to designated warm up time for competitions, and ready to start when the coach instructs them. Late arrivals to a competition may cause the athlete to be scratched from the competition.
- Respect all facilities, equipment, and professionals within the competition arena.
- Must stay for their entire competition (this includes all of the awards) until they are released by their coaches.
- Always support each and every team member. Remember, we are a team first.
- Be Positive!
- Never leave the competition arena during competition, not even to see Mom and Dad!
- Athletes must have adult supervision or use the buddy system when using the restrooms at competitions.
- All team gymnasts need the following items in their gym bags:
  - 2 rolls of athletic tape
  - 1 Thera-band
  - 1 pair of socks
  - 1 pair of wristbands
  - Gymnasts training round-off entry vaults need to have wrist guards
  - XCEL Golds, Platinums, Diamonds & J.O. Optionals = Minimum 1 pair of grips
    - 2 pairs recommended
- Xcel Gold-Sapphire & D.P. Optional level gymnasts must have their music on their phone/i-pod/mp3 in their bag for every competition.

### ATHLETE CONDUCT DURING PRACTICE

- Athletes must attend scheduled workouts.
- Gymnast's homework needs to be completed on their own time.
- No food, drink (other than water), or chewing gum allowed in the gym area. Food should be placed in their designated lockers. Water bottles can be placed in their lockers.
- No junk food, candy, ice cream, or soda during breaks.

- All workout requirements should be completed to the best of the athlete's ability. If not, the athlete may be sent home.
- Athletes must ask for permission before leaving their workout group.
- Water and bathroom breaks will **NEVER** be denied.
- No gymnast may leave early from practice unless prior notification was given.
- While gymnasts are at practice, they cannot leave the building. The only time a gymnast can leave the gym is with prior communication from the parent.

### **BULLYING POLICY**

We have a **ZERO TOLERANCE** policy regarding bullying. If you are found to have participated in bullying, they will be kicked off team AND out of the gym.

### **LOCKER POLICY**

Lockers are a privilege and can be taken away. We expect all athletes to keep their lockers clean and locked. We will be doing 4 periodic lockers inspections every month to see how clean or dirty your lockers are.

If your locker is found dirty:

- 1<sup>st</sup> Offense: Warning: You will be warned about the state of your locker and you will clean it by the end of the day.
- 2<sup>nd</sup> Offense: Loss of Locker privileges for 1 week
- 3<sup>rd</sup> Offense: Loss of Locker privileges for 1 month

\*If you lose your locker privileges, you will be allowed to keep your grips, wrist bands, thera-band in your locker, but all other belongings will be placed into the pockets in the lobby.

### **CELL PHONE POLICY**

No Cell phone DURING workout or breaks. Break time is used solely to rehydrate and refuel.

# PARENT & ATHLETE AGREEMENT

*2025 Season*

I (we) have read and agree to follow the rules and policies of the Endeavor Gymnastics Team Handbook. I (we) also understand that the handbook is subject to revision and updates as deemed necessary by Endeavor Gymnastics.

**(Please turn signed form into the office or your team coach by May 15<sup>th</sup>)**

Parent/Guardian 1 (Print): \_\_\_\_\_

Parent/Guardian 1 (Sign): \_\_\_\_\_

Parent/Guardian 2 (Print): \_\_\_\_\_

Parent/Guardian 2 (Sign): \_\_\_\_\_

Athlete (Print): \_\_\_\_\_

Athlete (Sign): \_\_\_\_\_

Date: \_\_\_\_\_