

EURO STARS GYMNASTICS, INC.
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COMPETITIVE TEAM POLICIES
2021-2022

Effective Dates July 5, 2021 – June 30, 2022

About Euro Stars Gymnastics

Euro Stars Gymnastics was the dream of two former Bulgarian National Olympic Team Members, Peter and Tania. Euro Stars is a family owned business that has provided gymnastics training to thousands of children and teens in the Plymouth-Canton, Northville and Novi areas for over 20 years.

We appreciate that you have chosen Euro Stars Gymnastics for your child's competitive gymnastics training. We will provide a friendly atmosphere where safety, always safety, is of the utmost importance. Our coaches are "Safety Certified" with many years of gymnastics experience and who utilize both standard and unique methods of training to enhance the performance of a gymnast.

Team Philosophy

Our club is a member of "USA Gymnastics" (USAG), which has established guidelines we follow for our team program. We believe all children are created equal and should be treated the same no matter what level of training they are participating in. Students can progress at their own pace, while we encourage them to work hard and set goals. We strongly feel gymnastics builds character and self-discipline. We encourage children to be the best they can be while having fun. This is our specialty. We are looking forward to getting better acquainted with you and your child.

Competition - It is part of our daily lives. We strive to be the best we can be in whatever we do. This competitive spirit, however, must be learned, nurtured and developed. We are committed to fostering the spirit of healthy competition among our young gymnasts. Gymnasts must always remember to be respectful of teammates as well as coaches and portray sportsmanship in competition by playing fair, learning how to deal with failure, and winning graciously.

Reminder - Gymnastics excellence means becoming the best you can be individually. A gymnast's success is not measured by the trophies on the wall, but by the experiences they receive on her path to personal fulfillment.

Here at Euro Stars we have set guidelines and policies to better assist us in ensuring that every gymnast has the best opportunity for success. In order to have a friendly and peaceful atmosphere, we ask that you assist us in ensuring these policies are followed. This will better assist the Euro Stars staff and, in turn, your child while they learn the art of gymnastics. Your child and other gymnasts will benefit if there are no interruptions during practice. This enables all to receive the best training time possible. With your help, this type of atmosphere can be maintained and reinforced by following our policies and set guidelines.

TEAM PARENT GUIDELINES

Euro Stars Gymnastics, Inc. has grown over the years thus making it difficult to accustom each and everyone's schedules outside of the gym. We have set the following guidelines to better run our team program.

All team members are required to be on time for practice.

It is very important that you are on time for practice to warm up as a group. Warm-up is the most important part of practice. Also it is very disruptive to the other gymnasts when you are late.

- ***Communication with Coach***

If you have a question or concern about your child's training, progress, competition, etc. please call the front desk and either set up a 15 minute meeting or request the coach to give you a call back. Be patient with the coaches response time since they are coaching, it may take up to 24 hours to get back to you.

- ***Missed Practice***

Please fill out the "Absence Form" if you are not going to be attending your scheduled practice that day. If a practice is missed, it will result in a forfeit and **no make-up is available.** **If a practice is canceled by Euro Stars Gymnastics (for competition, etc.), there will be no make-ups.**

- ***Early Dismissal***

If a gymnast needs to leave early, they must tell their coach at the beginning of practice. Hours missed due to early dismissal are forfeited and no make-up is available.

- ***No food allowed in the gym or locker room***

Snacks cannot be eaten in the locker room during practice, unless a gymnast has a special medical reason.

- ***Please do not communicate with your child or the coaches at any time while they are in competition.***

Due to safety and discipline issues during practice, it is necessary for the gymnast to pay attention to their coach. Under no circumstances, should the parent try to have a discussion with the coach about their gymnast during practice/competition time. (Unless it is an emergency) Schedule a meeting with the office if you need to talk to the coach. If you need to get a message to your gymnast, please use the office staff.

- ***Injuries***

If a gymnast is severely injured or ill and unable to participate in any capacity, the tuition rate will be reviewed at that time and determined by the program director; otherwise, monthly tuition will remain in effect. If, after a review, a determination is made to continue with the practice time as scheduled and the gymnast or their

parents decide not to participate 100% of the scheduled practice time, tuition will not be prorated.

- ***Please pick up your gymnast on time.***

If you are running late to pick up your gymnast, please call and inform the office. It is very important that you are on time when picking up your gymnast.

- ***A positive attitude is the best attitude!***

We must always keep in mind when observing your gymnast from the lobby area or while at a competition, that there is “**Zero Tolerance**” for negative comments regarding coaching, the gym and other gymnasts. Comparing your gymnast to another gymnast, inside or outside the gym, is not beneficial to anyone. Each child develops at a different pace and will have differing natural abilities as well.

- ***Parents should wear Euro Stars Attire at Meets***

To encourage camaraderie and show support for our gymnasts, we ask that all parents wear Euro Stars attire at meets.

We know that it's often difficult to get to the source of negative comments/rumors, but if, at any time, we can confirm the source, the responsible parent or parents and their gymnast will be asked to leave Euro Stars Gymnastics indefinitely.

Unacceptable behavior from the gymnast will not be tolerated. **Parents:** Your gymnast will be asked to leave the practice if they are not being respectful to the coach or other gymnasts. If this is an ongoing problem, member status will be reviewed and discussed between the coach and the parents.

After the season is over you will be invited to have a meeting with the coaches to discuss your child's progress and goals. Please use this opportunity to discuss summer training and any concerns you may have.

In June of each year we have a showcase for our recreational and developmental program called the Summer Extravaganza. We ask that all team gymnasts participate and showcase their skills as well if the Extravaganza is held that year.

Gym Closures

The gym is closed two weeks out of the year: **June 28 - July 4, 2021, and August 30 - September 6, 2021.** We strongly recommend planning your vacations during those weeks. Additional dates we will be closed include: Good Friday, Memorial Day, Labor Day, Halloween and Thanksgiving Day, Christmas Eve, Christmas Day and New Year's Day. Too much time off affects the gymnast's performance during the competition season. Tuition is not adjusted for any vacation time taken.

SUMMER SESSION

Competitive gymnastics is a year-round sport. We understand that international travel to visit family or custody agreements make it difficult for families to have their children in the gym year-round. If a family opts to travel, the family is still responsible for full tuition to keep their child's spot on the team. If due to a custody agreement, a gymnast is unable to participate, they must enroll in gymnastics elsewhere with coach and/or Gym Owner approval. Tuition will still remain in effect.

This policy is in place to ensure that your gymnast is able to maintain both their spot on the team and so that highly qualified staff can be maintained by the gym.

A gymnast who is out of attendance for more than two weeks at a time should have their options for conditioning and training evaluated by their coach and the gym owner.

TRAINING SUPPLIES

- All necessary training supplies (2 pair of grips, if needed wrist guards, tape, etc.) are to be brought with the gymnast and kept in the training area during practice.
- Gymnast must supply his or her own tape, pre-wrap and band-aids.
- Euro Stars Gymnastics Inc. will not be held responsible for lost or stolen personal property

EXTRA CURRICULAR ACTIVITIES

Competitive gymnastics is a very demanding and serious sport. It is encouraged to take much consideration when making choices to participate in outside activities that will conflict with practice time and the competition schedule.

All extra activities must be discussed and approved by the head coach before competition season begins.

***Please note: Tuition will not be prorated, and make ups will not be allowed if the extracurricular activity interferes with the regular scheduled practice time.**

PRIVATE LESSONS

Private lessons are available upon request. If you are interested, leave your name and phone number at the office, a coach will contact you. You will pay the coach directly.

TRAINING REQUIREMENTS

The following is a breakdown of practice hours required for team members according to the level they participate in.

At the coaches' discretion, additional practice time may be scheduled. This is by invitation only.

The hours listed below for each level are the **minimum** hours required.

<i>Level 3 (1st/2nd yr)</i>	<i>Level 4 (1st/2nd yr)</i>	<i>Level 5</i>	<i>Level 6</i>	<i>Level 7</i>	<i>Level 8-10</i>
<i>9 hours</i>	<i>12 hours</i>	<i>14 hours</i>	<i>14 hours</i>	<i>16 hours</i>	<i>18 hours</i>

<i>Pre-Team/Mini Team</i>	<i>JTP +</i>	<i>Xcel Bronze</i>	<i>Xcel Silver</i>	<i>Xcel Gold</i>	<i>Xcel Plat/Diam</i>
<i>4 hours</i>	<i>6 hours</i>	<i>6 hours</i>	<i>8 hours</i>	<i>10 hours</i>	<i>12 hours</i>

****Scheduled hours and times are subject to change.***

ADVANCEMENT

Gymnastics is not like school where you will move up every year! Not everyone will change levels after each season. The coaches determine the placement of athletes on our team and is determined in early Fall. All compulsory levels are required to compete a **minimum of two years at each of these levels. Exceptions can be made if your gymnast scores a 37.00 or above 2 times or more within the competition season they will be eligible to advance in the first year. It is subjective to the coach and owner.**

Optional levels will be eligible to move up based on the head coaches' decision.

COMPETITION

Gymnast Responsibilities

- There is a 10:00 pm curfew on the eve of competition.
- Nutrition: Athletes are expected to adhere to sound nutritional choices not only for competitions but on a regular basis. Please do not eat heavy meals on the way to competition, but ensure they are properly fed before competition.
- During the competition season, all gymnasts are expected to be present at all practices prior to an upcoming competition.
- For all competitions, each gymnast is responsible for making sure they have their leo, warm-ups, white socks, grips, and other competition gear. For meets requiring

air travel, all gymnasts must take these items on the plane with them (do not check in luggage).

- We encourage gymnasts to support their teammates, even if they are in other levels. This can be done by attending one other session and sitting together. We know this takes time but this is helpful and shows camaraderie.
- All gymnasts must arrive at the competition fully dressed, ready to compete 20 minutes before designated check-in time.
- If you're planning a vacation during the competition season please note that you must be at practice 1 week before a scheduled meet. No make-ups will be allowed for the days missed.
- If your gymnast misses the practice for vacation the week before the competition it will be up to the coaches discretion if they are eligible to compete for the safety of your gymnast. The meet fee will not be refundable, as the meet deadline would already have passed.
- **Gymnasts are not allowed to communicate with their parents, family, etc any time from the start of warm-up to the end of competition.**
- **During travel meets, you must assume that time will need to be set aside to practice at a guest gym. This will be based on the OTHER gym's availability, so please do not schedule outings until you know your scheduled practice time.**
- During the awards ceremony, all gymnasts are required to wear his/her warm-ups. All gymnasts must behave in an appropriate manner and no food or drink until awards are over.

Parents' Responsibilities

PHYSICAL EXAMINATION

For insurance purposes, it is required that all team gymnasts have an annual sports physical to participate on the team. Enclosed, is a sports physical form that needs to be filled out and signed by your doctor. This form must be completed, signed and returned to the office in order for your gymnast to participate.

All physicals must be returned to the office no later than **October 30, 2021**.

EURO STARS REGISTRATION FEE

All students are required to pay a registration fee of \$50.00. This is an annual fee that will be charged with the monthly tuition on the anniversary of the child's enrollment. This fee covers the gymnast for secondary insurance for any injuries that may occur in the gym. All registration fees are reviewed each year and subject to change. If you have more than 1 child the second child will be \$45.00.

USAG MEMBERSHIP FEE

In order to compete, gymnasts in XCEL or USAG Levels 3-10 are required to be a member of USAG. **You must renew/register on USAG between August 1-2, 2021** so we can ensure gymnasts will be able to register for competitions. **No nicknames when registering on USAG. Please put their full name and double check birthdates.**

MONTHLY TUITION

Tuition is paid monthly and is due on the 1st of every month. After the 5th, a \$35 late fee will be assessed.

You are obligated to pay your tuition in full; regardless of the amount of hours you attend practice in the month. **Monthly tuition will not be prorated or refunded for any reason.**

If an account is past due more than \$500, the gymnast will not be allowed to participate until the account is current.

There will be a \$35 charge assessed to your account for checks returned due to “Non Sufficient Funds”.

TEAM APPAREL

Each gymnast is required to have a competition leotard, warm-ups, ESG tank leotard, backpack, team t-shirt. Apparel fees will be due in two or more payments. Payment dates are listed on the last page of the contract.

COMPETITION MEET FUND

All gymnasts will be assessed a fee which will be made payable to Euro Stars Gymnastics. This fee will be used to cover the meet registrations for the gymnasts, coach's expenses for competitions, and team related expenses. This fee is based on sanctioned meets for the 2021-2022 season and will be paid in payments as follows.

Mini Team/Pre-Team: \$635	JTP+ \$785	Levels 3-5: \$1595
August 15, 2021 215.00 Sept. 15, 2021 210.00 Oct. 15, 2021 210.00	August 15, 2021 200.00 Sept. 15, 2021 195.00 Oct. 15, 2021 195.00 Dec. 15, 2021 195.00	July 15, 2021 \$270 August 15, 2021 \$265 Sept. 15, 2021 \$265 Oct. 15, 2021 \$265 Nov. 15, 2021 \$265 Dec. 15, 2021 \$265

Levels 6-7: \$1675	Levels 8: \$1575	Levels 9: \$1450
July 15, 2021 \$280 August 15, 2021 \$280 Sept. 15, 2021 \$280 Oct. 15, 2021 \$280 Nov. 15, 2021 \$280 Dec. 15, 2021 \$275	July 15, 2021 \$275 August 15, 2021 \$260 Sept. 15, 2021 \$260 Oct. 15, 2021 \$260 Nov. 15, 2021 \$260 Dec. 15, 2021 \$260	July 15, 2021 \$245 August 15, 2021 \$245 Sept. 15, 2021 \$240 Oct. 15, 2021 \$240 Nov. 15, 2021 \$240 Dec. 15, 2021 \$240

Level 10: \$1465	Xcel Bronze/Silver: \$1155	Xcel Gold/Plat/Diamond: \$1175
July 15, 2021 \$245 August 15, 2021 \$245 Sept. 15, 2021 \$245 Oct. 15, 2021 \$245 Nov. 15, 2021 \$245 Dec. 15, 2021 \$240	July 15, 2021 \$235 August 15, 2021 \$230 Oct. 15, 2021 \$230 Nov. 15, 2021 \$230 Dec. 15, 2021 \$230	July 15, 2021 \$235 August 15, 2021 \$235 Oct. 15, 2021 \$235 Nov. 15, 2021 \$235 Dec. 15, 2021 \$235

Euro Stars Gymnastics, Inc. reserves the right to increase the competition meet fund if necessary.

***Meet Fund will not be refunded for any reason unless gymnast is unable to compete in any competition throughout the season due to injury.** If a family moves mid-season, there will be no refund as the amounts calculated are based on enrollment.

***Meet Fund does not include States, Regionals, or Nationals meet registration fee. Those fees will be collected separately upon qualification.**

OPT. OUT OF ONE COMPETITION

Each gymnast is only allowed to opt out of one competition. The money from the opt. out meet will then be used for their State Meet Registration. **Opt. out deadline is October 15, 2021.**

STATE QUALIFICATION

Gymnasts qualify to State Championships by getting the minimum qualifying score in their level. **State meet registration fees are separate from the meet fund.** If you opted out of one competition earlier in the year, you will not have to pay for the state meet.

REGIONALS QUALIFICATION

Gymnasts qualify to Regionals at their State meet. A qualification score is required to move onto Regionals. Levels 7-10, Xcel Gold - Diamond, will attend Regionals if they qualify.

***Level 6 will not attend Regionals**

****Xcel Silver will only attend Regionals if they qualify onto the State Team.**

Regional registration fees are due the following Monday after the State Meet.

Gymnasts are required to purchase Regional Apparel, set by Region 5.

COMPETITION MEET SCHEDULE AND FEES

While we have provided a competition schedule, please note that it is subject to change. The host gym sets the competition schedule and is available approximately two weeks before the meet. **Under no circumstances should a family reach out to a host gym to request the schedule.** We will email you when it is available and post it in the gym.

The meet fees are incorporated in the meet fund. The meet fees are set by the host gym and a team fee is generally also required for each level.

For athletes who test for TOPS, attend Regional or Nationals Camps, or qualify for any camps or competitions, please keep in mind that parents are responsible for not only the athletes, but also the coaches' expenses (entree fee, airfare, lodging, etc).

Note: No refunds will be given for any fees paid to Euro Stars Gymnastics regarding the competitive team program (this includes the meet fund as well as tuition).

Every gymnast is required to attend our home meets: the PG Memorial Classic, Spring Spectacular, Jingle Bell Rock, Fun Meet Extravaganza if it is on their schedule for their level. Families must also volunteer at the meets they are assigned to, please see the separate heading regarding this requirement.

EURO STARS GYMNASTICS, INC. HOSTED MEETS

Euro Stars Gymnastics, Inc. will host four (4) meets during the competition season. Each family will be required to volunteer 3 time slots at the assigned competition per the program you are enrolled in the gym.

Competition	Program Assigned to Volunteer
Jingle Bell Rock	Pre-Team / JTP+ and Gymnasts
PG Memorial Classic	Levels 3-10
Spring Spectacular	Xcel (All Levels)
Fun Meet Extravaganza	Pre-Team / JTP+ and Gymnasts

There will be a **\$150 fee per meet** for the families who choose not to participate in the required volunteer work or do not show up for their assigned sessions. NO EXCEPTIONS!

NOTE: CONTRACT AGREEMENT FORMS MUST BE TURNED INTO THE OFFICE BY THE DEADLINE OF YOUR FIRST MEET FUND PAYMENT (listed on deadline sheet)

Note: USAG Registrations are done online and must be completed by August 1-2, 2021 at the latest.

***Physical Examination Forms must be returned to the front office no later than October 30, 2021.**

***GOOD LUCK, HAVE FUN, WORK HARD!
WE LOOK FORWARD TO THE NEW 2021-2022 SEASON!***

Deadline Sheet for Meet Fund & Other Reminders

Date	What	Who	Completed
July 15, 2021	Meet Fund #1	Levels 3-10	
July 25, 2021	Contract Due	ALL	
July 31, 2021	Apparel Deposit	ALL	
August 1, 2021	USAG Registration	ALL	
August 15, 2021	Meet Fund #1	Pre-Team, JTP+, XCEL	
August 15, 2021	Meet Fund #2	Levels 3-10	
Sept. 15, 2021	Apparel Balance	ALL	
Sept. 15, 2021	Meet Fund #2	Pre-Team, JTP+, XCEL	
Sept. 15, 2021	Meet Fund #3	Levels 3-10	
October 15, 2021	Meet Fund #3	Pre-Team, JTP+, XCEL	
October 15, 2021	Meet Fund #4	Levels 3-10	
October 15, 2021	Opt. out meet	ALL	
October 30, 2021	Physical Form	ALL	
November 15, 2021	Meet Fund #4	JTP+, XCEL	
November 15, 2021	Meet Fund #5	Levels 3-10	
December 15, 2021	Meet Fund #4	XCEL	
December 15, 2021	Meet Fund #6	Levels 3-10	

***Competition schedule subject to change

Level 10	Level 9	Level 8
UGA: 1/21-1/23 PG Memorial Classic: Jan. Arizona Classic Rock: 2/4 - 2/6 Elevate the Stage: 2/18-2/20 R5 Insider Classic: 2/25-27 States: Regionals: Nationals:	UGA: 1/21-1/23 PG Memorial Classic: Jan. Arizona Classic Rock: 2/4 - 2/6 New Orleans Jazz Fest: 2/18-2/20 R5 Insider Classic: 2/25-27 States: Regionals: Nationals:	Christmas Classic: Dec. UGA: 1/21-1/23 PG Memorial Classic: Jan. Arizona Classic Rock: 2/4 - 2/6 New Orleans Jazz Fest: 2/18-2/20 R5 Insider Classic: 2/25-27 States: Regionals:
Level 7	Level 5/6	Level 4b/5
Christmas Classic: Dec. UGA: 1/21-1/23 PG Memorial Classic: Jan. Arizona Classic Rock: 2/4 - 2/6 New Orleans Jazz Fest: 2/18-2/20 R5 Insider Classic: 2/25-27 Spring Spectacular: 3/11-3/13 States: Regionals:	Christmas Classic: Dec. UGA: 1/21-1/23 PG Memorial Classic: Jan. Arizona Classic Rock: 2/4 - 2/6 New Orleans Jazz Fest: 2/18-2/20 R5 Insider Classic: 2/25-27 Spring Spectacular: 3/11-3/13 States:	November Mock Meet: Nov.. Christmas Classic: Dec. Battle of Champions: 1/14-1/16 PG Memorial Classic: Jan. New Orleans Jazz Fest: 2/18-2/20 Tulip City: 2/25-27 Born to Fly: 3/4-3/6 Spring Spectacular: 3/11-3/13 States:
Level 3a/4a	Level 3b	JTP+
November Mock Meet: Nov.. Christmas Classic: Dec. Battle of Champions: 1/14-1/16 PG Memorial Classic: Jan. New Orleans Jazz Fest: 2/18-2/20 Tulip City: 2/25-27 Girl Power: 3/4-3/6 Spring Spectacular: 3/11-3/13 States: TBD	November Mock Meet: Nov.. Christmas Classic: Dec. Battle of Champions: 1/14-1/16 PG Memorial Classic: Jan. New Orleans Jazz Fest: 2/18-2/20 Tulip City: 2/25-27 Born to Fly: 3/4-3/6 Spring Spectacular: 3/11-3/13 States: TBD	Jingle Bell Rock: PG Memorial Classic: Jan. Girl Power: 3/4-3/6 Spring Spectacular: 3/11-3/13 Fun Meet Extravaganza: May States: TBD
XCEL Bronze/Silver	XCEL Gold/Plat/Diamond	Pre-Team
Battle of Champions: 1/14-1/16 PG Memorial Classic: Jan New Orleans Jazz: 2/18-2/20 Tulip City: 2/25-2/27 Spring Spectacular: 3/11-3/13 States: TBD	Battle of Champions: 1/14-1/16 PG Memorial Classic: Jan New Orleans Jazz: 2/18-2/20 Tulip City: 2/25-2/27 Spring Spectacular: 3/11-3/13 States: TBD Regionals: TBD Nationals: TBD	Jingle Bell Rock: PG Memorial Classic: Jan. February local: TBD Spring Spectacular: 3/11-3/13 Fun Meet Extravaganza: May States: TBD

Euro Stars Gymnastics Competitive Team Contract Form 2021-2022

By signing this contract, you have read the Euro Stars Gymnastics Team/Pre-Team Policy and agree to the tuition, meet fund payment schedule and agree to adhere to the guidelines stated on all pages. You are agreeing to the contract in its entirety, not just the special points listed below. You also understand that the meet fund money is non-refundable.

Child's Name _____ Date of Birth _____
Parent name _____
Parent email _____ Meet Fund Total _____

I understand and accept the expectations set for myself, my child, and my family by Euro Stars Gymnastics. I understand that shall I fail to meet these expectations, I will be made aware of the situation and offered a chance to recommit to the standards. If Euro Stars Gymnastics feels that my child, I, or my family cannot or will not comply with the above expectations, we will be asked to leave the competitive program, without guarantee of a refund.

___ I understand that gymnastics is a competitive sport, which requires discipline and regular attendance.

___ I understand the financial commitments to the sport and will make timely payments toward the meet/team fees.

___ I understand that we are committed to the full season of meets, and there are no refunds, and tuition is due through June 30, 2021.

___ I understand that if we are behind by more than 1 meet fund/team payment, my gymnast may not be able to participate in the gymnastics meets, and there will be no refunds.

___ I understand that if we are behind by more than \$500 in tuition, my gymnast will not be able to practice until tuition fees are up to date.

___ I understand that communication is important. For this reason, I will check email and SportsYou regularly, and if I have any issues, I will request a meeting with my child's coach.

___ I understand the volunteer session requirements for my family's home meets, as well as pit clean out/spring cleaning.

_____ **My athlete will be participating in all scheduled meets for her level.**

_____ **My athlete will not be participating in _____ meet. Please do not register her for this meet.**

By signing below, we state our intention to be a positive and supportive member of Euro Stars Gymnastics and the Competitive Team.

Athlete signature _____ Date _____

Guardian signature _____ Date _____